



THE AUSTRALIAN Women's Weekly food

EXPRESS

Issue

30

Minute meals

TROPICAL
DELIGHTS
COCONUT DESSERTS

Eat
SMART
FOOD FOR THE BRAIN

FROM THE
PANTRY
NEW WAYS
with noodles



30
MINS
SUPEREASY
COCONUT MACAROON
CHEESECAKE

TURN TO PAGE 73



ISSUE TEN • 2015 • \$9.95



A TASTE OF TOKYO



FRESH FRUIT DESSERTS



HALLOWEEN BAT ATTACK!



FAMILY FOOD IN A FLASH



SMART & FAST SNACKS





macro

a whole range
of goodness



Coconut water is highly regarded for its natural goodness, and is a healthier alternative to many sugary beverages including some sports drinks and flavoured waters. And here are some benefits you can really hang your hat on: it's a great source of iron, magnesium, potassium and a low kilojoule thirst quencher.

Discover more hints, tips and healthy recipes at woolworths.com.au/guidetogoodness

Only at Woolworths



Welcome to the Express issue



usy lives rely on time efficiency, so we've put on our skates. You'll find that the recipes in this issue of FOOD will take 30 minutes or less to make! Yes, you read that right. It doesn't take very long at all to prepare a delicious and satisfying meal -

one that you and the family will love.

The secret to being a blur of speed and efficiency in the kitchen is to have it organised. Use sharp knives and get yourself a V-slicer or mandoline for fast, fine slicing and you'll be amazed at how quickly you can get things done.

Exam time looms and we have power-packed, top-of-the-class snack recipes, as well as brain food meal ideas to stoke up the grey matter. For the family, there are minimal outlay tasty meal ideas that will keep everybody happy.

Coconut has been officially released from the pantry of shame and is being hailed as a superfood. Coconut is a wonderfully versatile food and we in the Test Kitchen are relieved that it's in the good books again.

And check out our fast fruit desserts. These are divine recipes that make full use of our wonderful variety of seasonal fruits - the perfect way to end a meal.

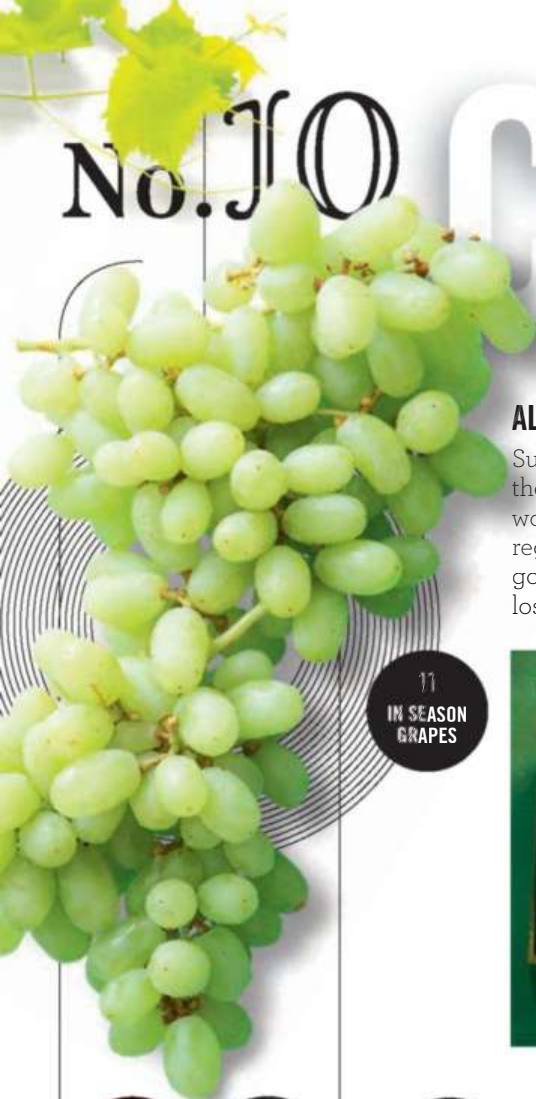
Welcome to our world of FOOD.

Pamela Clark
EDITORIAL AND FOOD DIRECTOR

No. 10

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October



ALL ABOUT ASPARAGUS

Succulent asparagus was the wonder of the Ancient world where the Egyptians regarded it as 'food of the gods'. These days, it has lost none of its appeal!



NOODLE KNOW-HOW

They are an admirably practical ingredient. Noodles can be used fresh or dry, served with a tasty sauce, or used to add heartiness to soups and other dishes.



FOOD FOR THOUGHT

Exam time is looming and the pressure is on. Eating smart is easy with our recipes that fuel the body - and feed the brain.



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ON THE COVER

Take your tastebuds on a tropical holiday with our easy-to-make creamy, dreamy coconut macaroon cheesecake (p73)

PHOTOGRAPHER
JOHN PAUL URIZAR
STYLIST
MICHAELA
LE COMPTE
PHOTOCHIEF
NICK BRANBURY



TOAST WITH THE MOST

Toasted sandwiches have come a long way. With fabulous fillings, what was once a snack has become a satisfying meal.



CIAO BELLA

Rich and creamy, tiramisu is relished around the world. Now we've made Italy's legendary dessert even easier to prepare.



COCONUT GROVE

Coconut meat, cream, milk and water enhance so many dishes. We have a collection of sweet treats that make the most of the coconut's tropical taste.



JUST ME AND YOU

Maybe it's date night, or perhaps you're catching up with an old friend. Our quick and flavourful stir-fry recipes are designed to feed two.



74

STIR-FRY
FOR TWO

A TASTE OF TOKYO

The tantalising world of Japanese cuisine offers an astonishing array of flavours, from subtle and delicate to spicy and robust.



84

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FOOD IN A
FLASH



MIGHTY BITES

Working or studying hard can drain your energy and leave you feeling fatigued. Our power snacks will give you the energy burst needed to finish the task.

78

POWER
SNACKS



UP TO SPEED

Weeknight cooking needn't be a time-consuming task. With our food-in-a-flash meal ideas, dinner is on the table in minutes.

MEATLESS MONDAY

Who says they don't like Mondays? With these super delicious meals without meat, the week's most unpopular day might just become your favourite.



114

MEATLESS
MONDAY



SPELLBOUND

When darkness falls and the moon is high, you might just spy a witch fly by... October 31 is Halloween and we have treats that will make even a zombie smile!

SWEET TREATS

Fresh, juicy fruit is always popular. Even more so when it's the star of an irresistible dessert. Our fruit desserts are quick to make and loaded with yumminess.



126

SWEET
TREATS



CHRISTMAS IS COMING!

Christmas Treats - our latest cookbook - is a feast of festive food and crafts to celebrate the season. We give you a sample taste of what's in store.

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BONUS RECIPES+ VIDEOS

IN 2 EASY
STEPS

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Q Test Kitchen QUESTIONS & ANSWERS

My family loves Sunday roasts, but they take so much time to cook. Is there a magic spell to shorten the oven time?

A Yes, there is! Choose cuts of meat with the bones in them. If you take a large roast (more than five ribs) out of the oven just before the cooking time is up, it will continue to cook and rise in temperature as it rests. This gives you time to finish the side dishes and serve them with perfectly cooked meat.

Some recipes specifically call for greek-style yoghurt. What is the difference between it and other yoghurts?

A The reason for using greek yoghurt rather than ordinary yoghurt is because it has less moisture. This gives cakes firmer texture and makes dips like tzatziki and raita thicker and less “runny”.

When a recipe calls for grated mozzarella I waste time because it's soft and difficult to grate. Is there a tip?

A Freeze it first. Wrap the piece of mozzarella in plastic wrap and pop it in the freezer for 20 minutes. You'll find it much easier to grate.

I'm on an economy drive and want to make my own work lunches. Do you have any tips?

A Absolutely! Storing food so it travels well is important when preparing a packed lunch. There are many lunchbox options to keep food hot, cold and prevent messy leaks and spills. Invest in good-quality containers in different sizes. Use these to cut down on your use of plastic wrap and foil, which is costly and environmentally unfriendly. At work it is always preferable to reheat food in a dish rather than in the container you have used to transport it in. Fruit yoghurts also can be frozen overnight to prevent bacteria growth and keep the rest of your lunch cool. Many fruits – grapes, watermelon, oranges, bananas and strawberries – can be frozen, too.

I love scrambled eggs, but I'm watching my weight and when I cook them using low-fat milk they're watery. Is there any way around this besides using full-fat milk?

A The softest, creamiest scrambled eggs are made with cream, but that rules them out for people watching their fat intake. Unfortunately, you'll never get luxurious scrambled eggs using low-fat milk, but the secret to making them really good is to cook them slowly.



THE AWW TEST KITCHEN

ESTABLISHED 1950

For the past 65 years, The Australian Women's Weekly Test Kitchen has been developing, triple-testing, styling and photographing thousands of recipes for home cooks all around Australia and across the world. Our wonderful chefs work hard to deliver delicious fail-safe recipes for all cooks, young and old. So whenever you see our trademark Triple Tested 'seal of approval' stamp, this is our guarantee that what you make at home will turn out looking as beautiful as our photographs.

SPRING
vegetables

Spring

SPRING
Fruit

- ⇒ ARTICHOKES – GLOBE
 - ⇒ ASIAN GREENS
 - ⇒ ASPARAGUS
 - ⇒ AVOCADOS
 - ⇒ BEANS – BROAD, GREEN
 - ⇒ BEETROOT
 - ⇒ BROCCOLI
 - ⇒ CARROTS
 - ⇒ CAULIFLOWER
 - ⇒ CHILLIES
 - ⇒ CORN
 - ⇒ CUCUMBER
 - ⇒ GARLIC
 - ⇒ LETTUCE
 - ⇒ MUSHROOMS
 - ⇒ ONIONS – GREEN, SPRING
 - ⇒ PEAS
 - ⇒ POTATOES
 - ⇒ SILVER BEET
 - ⇒ SPINACH
 - ⇒ TOMATOES
 - ⇒ WATERCRESS
 - ⇒ ZUCCHINI
 - ⇒ ZUCCHINI FLOWERS
- ⇒ APPLES
 - ⇒ BANANAS
 - ⇒ BERRIES – BLUEBERRIES, MULBERRIES, STRAWBERRIES
 - ⇒ CHERRIES
 - ⇒ GRAPEFRUIT
 - ⇒ LEMONS
 - ⇒ LOQUATS
 - ⇒ MANDARINS – HONEY MURCOT
 - ⇒ MANGOES
 - ⇒ ORANGES – BLOOD, SEVILLE, VALENCIA
 - ⇒ PASSIONFRUIT
 - ⇒ PAPAYA, PAPAWE
 - ⇒ PINEAPPLE
 - ⇒ POMELO
 - ⇒ ROCKMELON
 - ⇒ TANGELOS



What's in Season

MAROO SEEDLESS

MENINDI SEEDLESS

RED GLOBES

FLAME SEEDLESS

MAROO SEEDLESS

Grapes

RED GLOBES

While peaking

at mid-summer into autumn, grapes are now available almost year-round. But while they may have lost their air of seasonal luxury, they have lost none of their allure. These juicy globes of goodness are an irresistible snack, as the rapidly diminishing bunch in the fridge attests. But they also offer a wider-ranging culinary repertoire. Grapes are particularly good with soft cheeses and rich pates and terrines, as their freshness adds a lighter note to a classic cheeseboard. They impart an element of delicious surprise to a ham or chicken salad, and they're always welcome in a fruit salad. While fabulous fresh, they can be cooked, too, as they make an excellent jelly
preserve.

GLUTEN
FREE

QUINOA PORRIDGE WITH GRAPES AND PISTACHIOS

PREP + COOK TIME 25 MINUTES SERVES 4

PLACE 1 cup rinsed, drained white quinoa and 3 cups water in a large saucepan; bring to the boil. Reduce heat to low; cook, covered, for 10 minutes. Add 1 cup skim milk; cook, covered, for a further 5 minutes or until quinoa is tender. Stir in 2 medium coarsely grated pink lady apples and 100g halved seedless red grapes. Serve porridge topped with another 100g halved seedless red grapes and ⅓ cup coarsely chopped toasted pistachios; drizzle with 2 tablespoons honey.

TIP Most quinoa comes rinsed, but it's a good habit to rinse it yourself under cold water until the water runs clear, then drain it. This removes any remaining outer coating.

25
MINS

GLUTEN
FREE

QUINOA PORRIDGE WITH
GRAPES AND
PISTACHIOS

←
RECIPE OPPOSITE

COOK'S NOTES

PEEL ME A GRAPE

Grapes come in many varieties – white (pale green) or black, seeded or seedless, and in sizes from tiny to the size of a large cherry tomato.

MENINDEE SEEDLESS

These oval-shaped, firm-fleshed grapes have a light green or yellowish skin. They are one of the grape world's 'sweeties'.

THOMPSON SEEDLESS

Pale to amber green in colour, and with very sweet flesh, these grapes grow in long bunches. As well as being enjoyed fresh, they are also dried to make raisins.

MAROO SEEDLESS

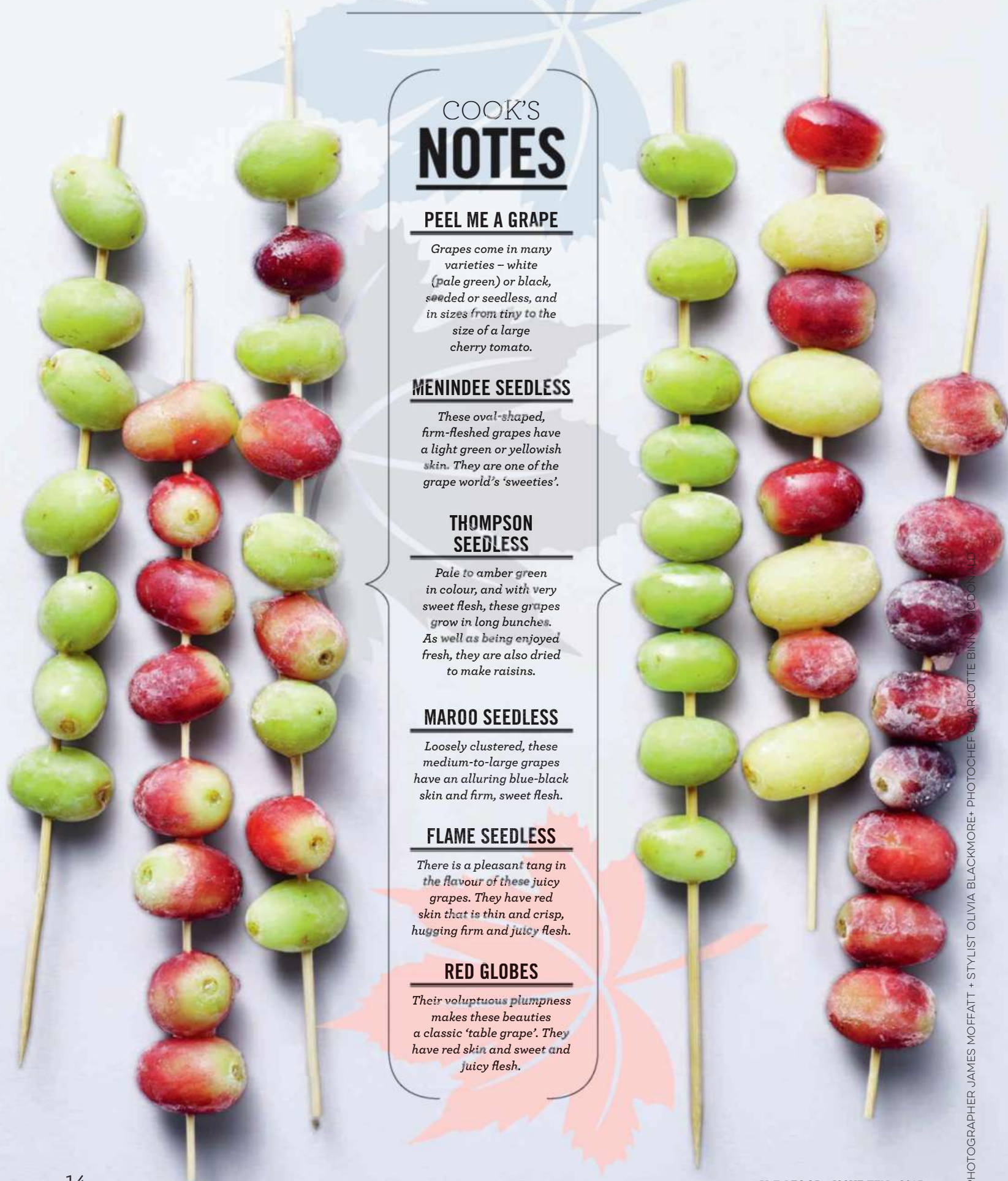
Loosely clustered, these medium-to-large grapes have an alluring blue-black skin and firm, sweet flesh.

FLAME SEEDLESS

There is a pleasant tang in the flavour of these juicy grapes. They have red skin that is thin and crisp, hugging firm and juicy flesh.

RED GLOBES

Their voluptuous plumpness makes these beauties a classic 'table grape'. They have red skin and sweet and juicy flesh.



Grapes

CHOOSING & STORING

GLUTEN
FREE



Once picked, grapes do not ripen further so, ideally, taste one or at least feel gently to check that they are soft for the variety. All varieties should be plump and stems should not be withered, though they should be starting to turn brown in places.

Buy only as many grapes you will use within a couple of days.

Grapes should be stored in a covered container in the fridge. Wash only the grapes you intend to use that day and store these on a plate or in an open container in the fridge. Remove them about half an hour ahead of serving as they have more flavour if not too chilled.

GREEN GRAPE AND APPLE SPRITZER

PREP TIME 10 MINUTES SERVES 4

- ⇒ 500g seedless green grapes
- ⇒ 1 large apple (200g), chopped coarsely
- ⇒ 2 cups (500ml) soda water, chilled
- ⇒ 1 lime, sliced thinly

- 1 Using electric juicer, extract juice from grapes and apple.
- 2 Combine juice with soda water and lime in large jug.



CLEVER IDEA

Frozen grapes make a sweet, juicy treat. Wash and dry grapes, and freeze them on a baking-paper-lined tray. You can thread them on skewers for a refreshing snack, or use them in place of ice-cubes in drinks.



What's in Season



Asparagus

Succulent spears packed³ with goodness and flavour, asparagus is a versatile vegetable. It was the wonder of Ancient times where the Greeks relished wild asparagus. It was the Romans who first cultivated these tasty spears, while Ancient Egyptians regarded asparagus as the 'food of the gods'. These days it has lost none of its appeal, as our gorgeous recipes attest.

25
MINS

BROCCOLINI AND
ASPARAGUS WITH
YOGHURT

→
RECIPE ON PAGE

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**WATCH
OUR VIDEO**

Over-cooked asparagus is an insult to an elegant and delicious vegetable! Our video shows you how to cook asparagus perfectly every time.



COOK'S NOTES

BROCCOLINI AND ASPARAGUS WITH YOGHURT

You will need 1 bunch of broccolini and 2 bunches of asparagus for this recipe. Baby beet leaves are available from specialist green grocers and grower's markets. You can substitute with baby spinach leaves. You can prepare batches of paprika almonds and store them in an airtight container for up to 2 weeks. Add almonds to salads or eat them as a snack.

DID YOU KNOW?

The traditional way of boiling asparagus was in a special tall pot with only the stems in water so that the tender tips would not overcook.

Asparagus can be added to salads, soups and sauces. It's tasty in a quiche filling, frittata, gratin, mousse, or stir-fry. In fact, asparagus can bring to life an almost limitless number of dishes. While canned asparagus is available, it is no match for the real thing.



BROCCOLINI AND ASPARAGUS WITH YOGHURT

PREP + COOK TIME 25 MINUTES SERVES 2

- ⇒ ½ cup (80g) whole blanched almonds
- ⇒ 1 teaspoon olive oil
- ⇒ 1 teaspoon sweet paprika
- ⇒ 200g broccolini, trimmed
- ⇒ 340g asparagus, trimmed
- ⇒ 40g baby beetroot leaves
- ⇒ ½ cup fresh mint leaves
- ⇒ ½ cup (110g) greek-style yoghurt

CHILLI GARLIC DRESSING

- ⇒ ¼ cup (60ml) olive oil
- ⇒ 1 fresh long red chilli, seeded, sliced thinly
- ⇒ 2 cloves garlic, sliced thinly
- ⇒ 1 teaspoon finely chopped fresh ginger
- ⇒ 1 teaspoon coriander seeds, crushed
- ⇒ 2 tablespoons red wine vinegar

- 1 Preheat oven to 180°C/160° fan. Line an oven tray with baking paper.
- 2 Place almonds on tray; drizzle with oil and sprinkle with paprika. Toss to combine; season. Bake for 8 minutes or until golden; set aside to cool. Chop coarsely.
- 3 Make chilli garlic dressing.
- 4 Boil, steam or microwave broccolini

and asparagus until tender; drain. Rinse under cold water; drain.

5 Serve broccolini and asparagus with beetroot leaves, mint and chopped almonds; drizzle with dressing and dollop with yoghurt.

CHILLI GARLIC DRESSING Heat oil in a small frypan over low heat; cook chilli, garlic, ginger and seeds, stirring, 1 minute or until fragrant. Remove from heat; stir in vinegar.

ROASTED ASPARAGUS AND SMASHED POTATOES

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 700g baby new potatoes
- ⇒ ¼ cup (60ml) macadamia oil
- ⇒ 340g green asparagus, trimmed
- ⇒ 340g white asparagus, trimmed
- ⇒ ¾ cup (100g) macadamias, chopped coarsely
- ⇒ 100g shaved parmesan

- 1 Preheat oven to 220°C/425°F.
- 2 Prick potatoes with a fork; microwave on HIGH (100%) for 3 minutes or until tender. Press warm potatoes lightly inside a tea towel with the palm of your hand. Place potatoes in a large shallow baking-paper-lined baking dish; season. Drizzle half the oil over potatoes.
- 3 Roast potatoes 20 minutes.
- 4 Place asparagus on potatoes; drizzle with remaining oil, sprinkle with nuts. Roast in oven for further 5 minutes or until the edges of the potatoes are crisp and golden and asparagus is tender.
- 5 Serve asparagus and potatoes sprinkled with cheese.

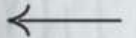
TIP If white asparagus is unavailable, use all green asparagus or thin baby carrots instead.

What's in Season

GLUTEN
FREE

ROASTED ASPARAGUS
WITH SMASHED
POTATOES

YOU WILL NEED
baking paper



RECIPE OPPOSITE





ASPARAGUS TEMPURA
WITH CHERVIL
VINAIGRETTE

→
RECIPE OPPOSITE



WHITE ASPARAGUS



ASPARAGUS TEMPURA WITH CHERVIL VINAIGRETTE

PREP + COOK TIME 20 MINUTES SERVES 6

- ⇒ 500g chilled asparagus
- ⇒ ½ cup (90g) rice flour
- ⇒ ½ cup (75g) plain flour
- ⇒ ½ teaspoon baking powder
- ⇒ 1 egg
- ⇒ 1¼ cups (310ml) chilled soda water
- ⇒ vegetable oil, for deep-frying
- ⇒ 50g mizuna

- ⇒ CHERVIL VINAIGRETTE
- ⇒ 1 clove garlic, crushed
- ⇒ ¼ cup (60ml) white wine vinegar
- ⇒ ¼ cup (60ml) olive oil
- ⇒ 1 tablespoon finely chopped fresh chervil
- ⇒ 2 teaspoons dijon mustard
- ⇒ 2 teaspoons caster sugar

- 1 Make chervil vinaigrette.
- 2 Trim asparagus; refrigerate.
- 3 Sift dry ingredients into a large bowl; stir in egg and soda water until just combined. The batter will still have lumps.
- 4 Heat oil in a large saucepan or wok. Dip asparagus in batter, in batches; drain excess batter. Deep-fry asparagus, in batches, until browned lightly and crisp. Drain on absorbent paper.
- 5 Serve asparagus with vinaigrette and mizuna.

CHERVIL VINAIGRETTE Whisk ingredients in a small bowl until combined. Season to taste.

TIP Mizuna is a Japanese leafy green. If unavailable you can use baby rocket instead.

A spargus

spargus is the young shoot of a plant of the

VARIETIES

lily family and it comes in green, white and purple varieties. White asparagus is produced by earthing up the asparagus bed to cover the growing shoots to prevent them from greening. Green asparagus comes in various thicknesses, purple is fatter and white fatter again. Because the pigment that gives purple asparagus its colour is soluble, the stalks turn green as they cook – brief cooking will minimise this. All varieties have a delicate, earthy aroma and flavour, though purple is the sweetest and white the mildest.



PURPLE ASPARAGUS

PREPARATION

Remove the woody ends of each stalk by bending the stalk near the bottom so it snaps at its natural breaking point – where the woodiness turns to crispness. If the skin towards the broken end still seems tough, it should be trimmed off with a vegetable peeler; white asparagus usually requires peeling almost to the tip.

20
MINS

What's in Season

OMELETTE WITH ASPARAGUS
AND MINT



RECIPE OPPOSITE



NUT
FREE

DAIRY
FREE

GLUTEN
FREE



OMELETTE WITH ASPARAGUS AND MINT

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ 2 baby new potatoes (80g), cut into 5mm cubes
- ⇒ 340g asparagus, trimmed
- ⇒ 2 cup (240g) frozen peas
- ⇒ 4 eggs
- ⇒ ½ cup coarsely chopped fresh mint leaves
- ⇒ 2 tablespoon olive oil
- ⇒ 2 slices gluten-free bread (90g), toasted

1 Cook potato in a small saucepan of boiling water for 3 minutes. Add asparagus and peas; cook a further 1 minute or until asparagus is bright green and potato is tender. Drain. When cool enough to handle, cut the asparagus in half; finely chop the stem ends.

2 Lightly whisk eggs in a medium bowl; stir in potato, peas, mint and chopped asparagus ends.

3 Heat 2 teaspoons of the oil in a small lightly oiled non-stick frying pan on high; cook a quarter of the egg mixture, for about 2 minutes, pulling in the egg with a spatula to help it cook quickly. Fold over; slide onto a warm serving plate. Repeat with remaining oil and egg mixture to make a total of four omelettes.

4 Serve omelettes with remaining asparagus and toast.



CHOOSING

The cut ends should not look dried out, split or wrinkled. The stalks should be smooth, with a soft sheen, and the tips should be tightly packed with no loose or damaged scales.

STORING

Ideally, eat asparagus the day you buy it. Otherwise, stand it upright in about 2cm of water in a glass or mug, drop a plastic bag over, store in the fridge and use within a day or two.

BOIL OR STEAM

Brief steaming or boiling in a wide pan, such as a frying pan, will give a good result.

MICROWAVE

Arrange the stems around a plate like the spokes of a wheel, tips to the centre; flick with a few drops of water, cover with plastic wrap and cook on HIGH (100%) for 30-45 seconds, depending on quantity and the wattage of the oven.

CHAR-GRILL

Steam thicker stems for 2 minutes or microwave 20-25 seconds, then coat lightly with cooking-oil spray and grill briefly; thin stems are oiled and grilled without pre-steaming.



HAM, ASPARAGUS AND LEMON RICOTTA WRAP

PREP + COOK TIME 10 MINUTES • SERVES 1

- ⇒ 50g asparagus, trimmed, sliced in half lengthways
- ⇒ 2 tablespoons reduced-fat ricotta
- ⇒ ½ teaspoon finely grated lemon rind
- ⇒ 2 mountain breads (50g)
- ⇒ 50g thinly sliced lite ham
- ⇒ 15g trimmed watercress
- ⇒ 1 teaspoon lemon juice

1 Boil, steam or microwave asparagus until tender, drain; refresh under cold water. Pat dry with absorbent paper.

2 Combine ricotta and rind in a small bowl; season to taste.

3 Place breads on top of each other on a board. Spread top piece of bread with ricotta mixture; top with asparagus, ham and watercress. Sprinkle with juice; season to taste. Roll up breads to serve.

TIPS Asparagus and ricotta can be prepared a day ahead; store, covered, in the fridge. You need 1 lemon for this recipe. We used two pieces of mountain bread to wrap the filling as one piece tends to split. Add the lemon juice just before serving.



SAVING TIME THE KITCHEN

SHORTCUTS

WITH THE ABUNDANCE OF SUPERMARKET PRODUCTS CREATED FOR SPEEDY COOKING, PREPARING TASTY WHOLESOME MEALS IS EASY. PRE-MADE SAUCES, PASTES AND CURRIES PACK THE SHELVES AND MICROWAVEABLE RICE AND GRAINS ALL MEAN MINUTES SAVED.

DON'T FORGET TO LOOK FOR PRE-PREPARED VEGETABLES THAT HAVE BEEN PEELED AND CHOPPED, STOVE-READY STIR FRY MIXES AND MIXED SALAD LEAVES.



Organise your kitchen and pantry. Ensure commonly used utensils are within reach because too much clutter can cause time-consuming chaos. Keep the pantry stocked with staples like flour, rice and pasta and store opened items at the front so they are handy. Keep a supply of canned ingredients like beans, tuna, salmon and tomatoes on hand as they are quick and easy key ingredients. Keep a good range of condiments and sauces on hand, too, because they can bring a simple, basic meal to life.

MEAL PLAN

Dedicate time to prepare a realistic weekly menu and shopping list. This saves you wasting precious time thinking about what to cook and what you need to buy after a busy day. Bulk shop weekly, or monthly, for dry ingredients and those with a longer shelf-life. That way you will only need to shop through the week for highly perishable ingredients like seafood. You can even shop online and have groceries delivered, or order them and pick them up on the way home.



THINK LIKE A CHEF

The professionals have a lot to cook in a short space of time. Before picking up a knife, read the recipe from start to finish.

Knowing how the recipe flows saves time. It often helps to lay out all of the ingredients and utensils you need in the order they are required, slicing and dicing where appropriate. Don't forget to pre-heat the oven or grill, and put the kettle on if boiling water is required.

PRACTISE PRACTISE PRACTISE

The more experience you gain, the more confident you become and the quicker you are able to handle the task. Confidence in the kitchen is the best time-saving tip of all!



BE MINDFUL WHEN PURCHASING KITCHEN EQUIPMENT AND UTENSILS AND LOOK FOR THOSE THAT WILL HELP SPEED UP YOUR FOOD PREPARATION. A MANDOLINE OR V-SLICER SAVES LOADS OF TIME WHEN PREPARING VEGETABLES AND KEEP KNIVES SHARP. SHARP KNIVES, VEGETABLE PEELERS AND GRATERS MEAN LESS EFFORT AND LESS TIME.



IN THE SUPERMARKET MEAT SECTION, OR AT YOUR LOCAL BUTCHER'S, LOOK FOR MARINATED, TRIMMED, CRUMBED, SKEWERED AND DICED MEATS AS THESE WILL HELP CUT DOWN PREPARATION TIMES. ASK THE FISHMONGER TO CLEAN, SCALE OR FILLET FISH AND PREPARE SHELLFISH FOR YOU.



FOOD
— TO LOVE —



*cocoa to cake
practise to perfect
food to love*

BROUGHT TO YOU BY **Women's Weekly**

— RECIPES TESTED BY US, TRUSTED BY YOU —

FOODTOLOVE.COM.AU

CHICKEN, FIG AND BLUE CHEESE TOASTIES

BOLOGNESE AND PARMESAN TOASTIES

TOASTIES

Toasties have come a long way from a piece of cheese sandwiched between slices of white bread.

With really good bread as a base – and a little imagination when it comes to fillings – the reliable old toasty can become a first-class meal in itself!

1 CHICKEN, FIG AND BLUE CHEESE TOASTIES

PREP + COOK TIME 15 MINUTES SERVES 2

Lightly butter 4 slices of wholemeal bread. Place two of the slices, buttered-side down, on a board; divide 2 tablespoons smoky barbecue sauce, 1 cup shredded roast chicken, ¼ sliced small red onion, 2 coarsely chopped dried figs and 60g (2oz) sliced creamy blue castello cheese between slices. Sandwich with remaining bread, buttered-side up. Toast in a sandwich press for 4 minutes or until golden and heated through. Serve with spinach leaves dressed with olive oil and lemon juice.

4 Ways With

SMOKED SALMON AND EGG TOASTIES



THE REUBEN TOASTIE



2 BOLOGNESE AND PARMESAN TOASTIES

PREP + COOK TIME 10 MINUTES SERVES 2

Lightly butter 4 slices of sourdough bread. Place two slices, buttered-side down, on a board; divide $\frac{2}{3}$ cup store-bought bolognese sauce, 50g sliced parmesan and 2 teaspoons finely chopped fresh oregano between slices. Season. Sandwich with remaining bread, buttered-side up. Toast in a sandwich press for 4 minutes or until golden and heated through. Serve with rocket dressed with olive oil and balsamic vinegar.

3 SMOKED SALMON AND EGG TOASTIES

PREP + COOK TIME 15 MINUTES SERVES 2

Combine $\frac{1}{2}$ cup spreadable cream cheese, 1 tablespoon chopped fresh dill and 1 teaspoon finely grated lemon rind in a small bowl. Lightly butter 4 slices of white bread. Place two slices, buttered-side down, on a board, spread equally with cream cheese mixture; divide 50g sliced smoked salmon between slices. Cook 2 eggs on a heated, oiled sandwich press for 2 minutes. Place on top of the salmon; sandwich with remaining bread, buttered-side up. Toast in sandwich press for 4 minutes or until golden and heated through. Serve with lemon wedges.

4 THE REUBEN TOASTIE

PREP + COOK TIME 15 MINUTES SERVES 2

Lightly butter 4 slices of light rye bread. Place two slices, buttered-side down, on a board; divide 2 tablespoons thousand island dressing, 8 slices corned beef, 50g sliced dill pickles, $\frac{1}{2}$ cup sauerkraut and 120g sliced gruyere or cheddar between slices. Season. Sandwich with remaining bread, buttered-side up. Toast in a sandwich press for 4 minutes or until golden and heated through. Serve with dijon mustard.

Noodles

NOODLES TAKE centre stage as a culinary SUPERSTAR. Only recently, ARCHAEOLOGISTS in China unearthed what could possibly be the world's oldest known noodles, dating back some 4000 YEARS. But it is doubtful that the intrepid CHINESE COOK who created them could have guessed that those humble strands would travel the SILK ROAD, linking East and West, lending themselves to a host of cuisines along the way. Today there is nothing humble about the NOODLE. From its many varieties, to its almost limitless versatility, this much loved ingredient has earned its CELEBRITY STATUS.

PHOTOGRAPHERS
IAN WALLACE & JOSHUA DASEY
STYLISTS LOUISE PICKFORD
& JERRIE-JOY REDMAN-LLOYD
PHOTOCHIEF
SHARON KENNEDY

Bean thread noodles



Fresh rice noodles



Rice stick noodles



Fresh egg noodles



Vermicelli noodles



Udon noodles



Somen noodles



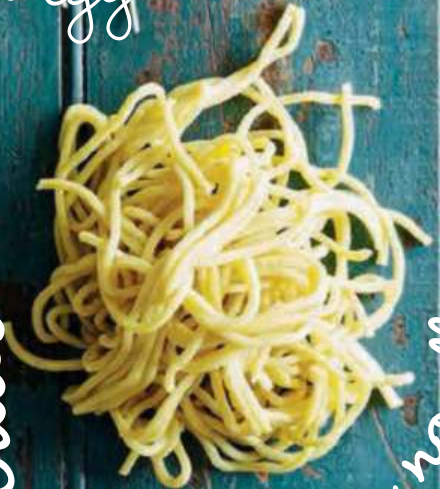
Ramen noodles



Soba noodles



Hokkien noodles



From fields of wheat and rice, gardens of vegetables – and even from the sea, all kinds of ingredients are drawn upon to make noodles. Used fresh or dry, these treasured strands add heartiness to soups, stews and casseroles and come into their own when tossed through a stir-fry or topped with a tasty sauce. Noodles are at the heart of so many cuisines. They are loved for their versatility and whenever hunger dictates. But they are a ‘soul’ food also. The noodle is an iconic food staple that is upheld with reverence.

Noodles

IN China, noodles are a symbol of longevity and are often served at weddings, birthday parties, and as a food to cross the threshold to a new year. For the Japanese, their signature soba noodles are also served at midnight as the first meal of the year to ensure good luck and health. But that reverential awe stretches even further. Hand-made soba is highly prized and soba masters are designated by the Japanese government into a hierarchy dictated by their number of years of experience.

These days, many varieties of fresh and dried noodles are widely available in supermarkets, while some less common varieties can be found in local Asian food stores. Noodles can even replace rice, potatoes and pasta in many of your favourite recipes, whether they're Asian in origin or not. Be daring and ingenious with your cooking. Who knows, you might just reinvent or create a brand new favourite.

VEGETABLE AND TOFU STIR-FRY

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 500g fresh rice noodles
- ⇒ 1 tablespoon peanut oil
- ⇒ 1 large brown onion (200g), sliced thickly
- ⇒ 2 cloves garlic, crushed
- ⇒ 1 teaspoon chinese five-spice
- ⇒ 200g button mushrooms, halved
- ⇒ 200g swiss brown mushrooms, halved
- ⇒ ¼ cup (60ml) soy sauce
- ⇒ 1 cup (250ml) vegetable stock
- ⇒ ¼ cup (60ml) water
- ⇒ 300g baby buk choy, chopped coarsely
- ⇒ 300g choy sum, chopped coarsely
- ⇒ 4 green onions, chopped coarsely
- ⇒ 250g fresh firm tofu, cut into 2cm cubes
- ⇒ 1 cup (80g) bean sprouts

1 Place noodles in a large heatproof bowl, cover with boiling water; separate with a fork, drain.

2 Heat oil in a wok; stir-fry brown onion and garlic until onion softens. Add five-spice; stir-fry until fragrant. Add mushrooms; stir-fry until almost tender.

3 Add combined sauce, stock and the water to wok; bring to the boil. Add buk choy, choy sum and green onion; stir-fry until buk choy just wilts. Add tofu and noodles; stir-fry until hot. Serve stir-fry topped with sprouts.

TIP You can use dried rice stick noodles if fresh noodles are not available. Place dried noodles in a large heatproof bowl; cover with boiling water. Stand until just tender, then drain.

25
MINS

FRESH
RICE
NOODLES

VEGETABLE AND TOFU
STIR-FRY

←
RECIPE OPPOSITE



25
MINS

Spotlight On

CHICKEN AND SOBA
NOODLE SALAD



RECIPE OPPOSITE



CHICKEN AND SOBA NOODLE SALAD

PREP + COOK TIME 25 MINUTES SERVES 2

- ⇒ 125g dried soba noodles
- ⇒ 170g asparagus, trimmed
- ⇒ 60g snow peas, trimmed
- ⇒ 1 teaspoon sesame oil
- ⇒ 1 tablespoon mirin
- ⇒ 1 tablespoon rice wine vinegar
- ⇒ 2 teaspoons japanese soy sauce
- ⇒ 1 clove garlic, crushed
- ⇒ 240g thickly sliced cooked skinless chicken breast
- ⇒ 1 fresh long red chilli, sliced thinly
- ⇒ 2 green onions, shredded finely

1 Cook noodles in a large saucepan of boiling water until tender; drain.

2 Meanwhile, boil, steam or microwave asparagus and snow peas, separately, until tender; drain. Rinse under cold water; drain.

3 To make dressing, combine oil, mirin, vinegar, sauce and garlic in a small bowl. Combine chicken, asparagus, snow peas, chilli, half the onion, noodles and dressing in a large bowl; season to taste. Serve sprinkled with remaining onion.

TIP If taking to work, pack the dressing separately; toss through the salad at lunch time.

KNOW-HOW

● All fresh noodles must be refrigerated as soon as possible after purchase as they can ferment. Always check their use-by date before use. Dried noodles have a longer storage life. Provided they are stored in unopened packets or airtight containers, they can sit happily on the pantry shelf for several months.

● Many types clear noodle – dried rice, bean thread, arrowroot, shirataki, harusame – will puff up into white fluffy shreds when deep-fried in hot oil. They can then be used as a garnish, a bed for other food to be served on or a key ingredient. Pre-boiled fresh and dried egg noodles can also be deep-fried to make serving nests or edible bowls.

● Follow packet instructions when soaking noodles. Some varieties can become stodgy or start to fragment if soaked for too long.

● Many words, such as soba, udon, ramen, mee, kway teow, mein, bee hoon and sen, to name a few, either mean or incorporate the sense of “noodle” in their translation. In recipes and on menus, it would be repetitive to follow the name of the dish with the word “noodle”. So when you see a dish called yum wun sen, zaru-soba, meek rob or char kway teow, you automatically know it’s a noodle dish.

● If you can’t find a specific noodle called for in a recipe, it’s generally fine to substitute a variety which requires similar prep and approximately the same cooking time. As long as you stay within the same basic ingredient family – wheat flour, rice flour, for example – and use a dried or fresh variety as called for, it shouldn’t affect the result.

● Unexpected guests? Adding noodles will help extend soups, casseroles and salads. If family and friends slurp your noodle dish, take a bow!

Throughout Asia the lusty slurping of noodles is considered a compliment to the cook rather than bad manners. In some Zen retreats, participants are only allowed to break their silence when they eat noodles as it is believed impossible to eat them quietly.



UDON



FRESH EGG



SOMEN



RAMEN



RICE VERMICELLI



SHANGHAI



HOKKIEN



SOBA



RICE STICK



BEAN THREAD



FRIED



FRESH RICE

KNOW YOUR

Noodles

Fresh or dried, rice or wheat flour, vegetable-based, egg or eggless... there is an almost limitless variety of noodles.



UDON

Broad, creamy-white Japanese wheat noodles with a mild taste and slippery texture. Particularly popular in southern Japan, udon are known as soup noodles, but are also good in stir-fries and hotpots. Available fresh and dried, in round, square or ribbon shapes.



FRESH EGG

Made from wheat flour and eggs, these golden noodles are available fresh or dried. They range in width from fine vermicelli to wide flat ribbons, and are mainly used in Chinese stir-fries and soups. They can also be crispy-fried and used to garnish stir-fries.



SOMEN

Extremely thin noodles made from hard wheat – if eggless, they are labelled somen, and tamago if made with egg. These Japanese noodles are traditionally eaten in cold dishes but can be served in warm broth. Avoid overcooking, as they become gummy.



RAMEN

Popular Japanese wheat noodles, sold in dried, fresh, steamed and instant forms. Common toppings are negi (leek), shinachiku (seasoned bamboo shoots), nori (dried seaweed), yakibuta (grilled pork), narutomaki (fish cake) and soft-boiled egg.



RICE VERMICELLI

Made of rice flour and water, vermicelli are often compressed into tablets and dried, and are slightly longer than bean threads. They are used in spring rolls and cold salads, and when deep-fried until crispy can be used in chicken salad or as a garnish.



SHANGHAI

Fresh thick, round wheat noodles, similar to hokkien but paler in colour, and usually sold uncoiled. Also available as dried thin white noodles, which need to be boiled for up to 15 minutes, or until soft. Shanghai noodles are often used in stir-fries.



HOKKIEN

These plump, yellow, fresh wheat noodles are the most popular stir-fry noodles as they soak up sauce so easily. They are good in meat-based soups, too. Hokkien also come in a thin version, which can be used interchangeably with fresh singapore noodles.



SOBA

These thin, grey-brown buckwheat noodles can be eaten chilled with a Japanese-style dipping sauce and as a salad with various sea vegetables, blanched vegetables and tofu. Also served cold with a topping of seafood, fish or meat, or add them to hot broths.



RICE STICK

These have a little less chew than the fresh versions. The thin noodles are used in soups, while the wide flat ones are added to stir-fries, including the famous South-East Asian dish, pad thai. They can also be fried until crisp and puffed, and used as a garnish.



BEAN THREAD

Also called fen si, sai fun or cellophane noodles because their long, thin strands resemble clear plastic. They are made from mung bean flour, and have a gelatinous, springy texture that is perfect for soaking up dressings. Also used in Thai desserts.



FRIED

Also known as crispy noodles, these wheat flour and egg noodles have been deep-fried until crisp, then dried and packaged. They are often used in the popular Chinese dish sang choy bow and the Thai stir-fry, mee krob. Or, add them straight to salads.



FRESH RICE

These white, shiny noodles are chewy and slippery in texture. When cut very thin, they are known as mei fun – as in the stir-fry dish with shrimp. The thicker noodles are named hor fun or chow fun, after the Chinese stir-fry containing meat, fish or vegetables.



COOK'S NOTES

WARM TUNA AND GREEN TEA NOODLE SALAD

Palm sugar, also sold as jaggery, is a product of the coconut palm. It is available in many supermarkets and Asian grocery stores, but you can substitute black or brown sugar if unavailable.

SHREDDED VEGETABLE RICE PAPER ROLLS

Keep the rolls moist by covering them with a slightly damp piece of paper towel, then store them in an airtight container in the fridge.

WARM TUNA AND GREEN TEA NOODLE SALAD



WARM TUNA AND GREEN TEA NOODLE SALAD

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 2 x 10cm sticks fresh lemon grass (40g), chopped finely
- ⇒ 1 tablespoon light soy sauce
- ⇒ 2 teaspoons grated palm sugar
- ⇒ 2 tablespoons lime juice
- ⇒ 3 x 155g tuna steaks
- ⇒ 200g dried green tea soba noodles
- ⇒ 2 teaspoons sesame oil
- ⇒ 1 cup firmly packed fresh coriander leaves

- 1 Blend or process lemon grass, sauce, sugar and 1 tablespoon of juice until smooth.
- 2 Combine tuna and half the lemon grass mixture in a large bowl. Cook tuna on a heated oiled grill plate (or grill or barbecue). Cover tuna; stand 5 minutes then slice thinly.
- 3 Meanwhile, cook noodles in a large saucepan of boiling water until tender; drain.
- 4 Whisk remaining lemon grass mixture, oil and remaining juice in a large bowl. Add tuna, noodles and coriander; mix gently. Season to taste.

SHREDDED VEGETABLE RICE PAPER ROLLS

PREP + COOK TIME 25 MINUTES SERVES 2

- ⇒ ½ medium red onion (85g), sliced thinly
- ⇒ 1 large yellow capsicum (350g), sliced thinly
- ⇒ 150g snow peas, trimmed, sliced thinly
- ⇒ 1½ cups (120g) finely shredded wombok
- ⇒ 1 large carrot (180g), grated coarsely
- ⇒ 50g rice vermicelli noodles
- ⇒ 1 lebanese cucumber (130g), cut into matchsticks
- ⇒ ⅓ cup loosely packed mint leaves
- ⇒ ⅓ cup loosely packed coriander leaves
- ⇒ 6 x 22cm rice paper rounds
- ⇒ 200g piece marinated tofu, cut into 6 slices, halved lengthways
- ⇒ ½ cup (125ml) sweet chilli sauce

- 1 Combine onion, capsicum, snow peas, wombok and carrot in a medium bowl; cook wombok mixture in a heated large frying pan, over medium heat, stirring, for 5 minutes or until vegetables soften. Strain mixture into a colander over a large bowl; cool.
- 2 Meanwhile, place noodles in a small heatproof bowl, cover with boiling water; stand until tender, drain. Chop noodles coarsely.
- 3 Combine vegetable mixture and noodles in a medium bowl with cucumber, coriander and mint; season to taste.
- 4 Dip one rice paper round into a bowl of warm water until soft. Lift sheet from water; place on a clean tea towel. Top with one heaped tablespoon of vegetable mixture and one slice of tofu; drizzle with a little of the sauce. Fold sheet over filling, then fold in both sides. Continue rolling to enclose filling.
- 5 Repeat step 4 to make a total of six rolls.
- 6 Serve rolls with remaining sauce.

25
MINS

VEG

**SHREDDED VEGETABLE
RICE PAPER ROLLS**

YOU WILL NEED
rice paper rounds

←
RECIPE OPPOSITE



25
MINS

SOBA
NOODLES

WARM TUNA AND GREEN
TEA NOODLE SALAD

YOU WILL NEED a grill
plate, grill or barbecue

←
RECIPE ON PAGE

36

DID YOU
KNOW

During their long journey around the globe, noodles nestled into marketplace stalls, shops and pantries. They took their place in local cuisines and evolved accordingly. While Italy's pasta is akin to noodles, there are a number of differences. Pasta comes in many shapes and is made from wheat flour, water and sometimes includes egg. Noodles, while made the same way, are formed using all manner of ingredients, such as buckwheat, rice, mung beans, soya beans – even seaweed – as well as wheat and sometimes egg.

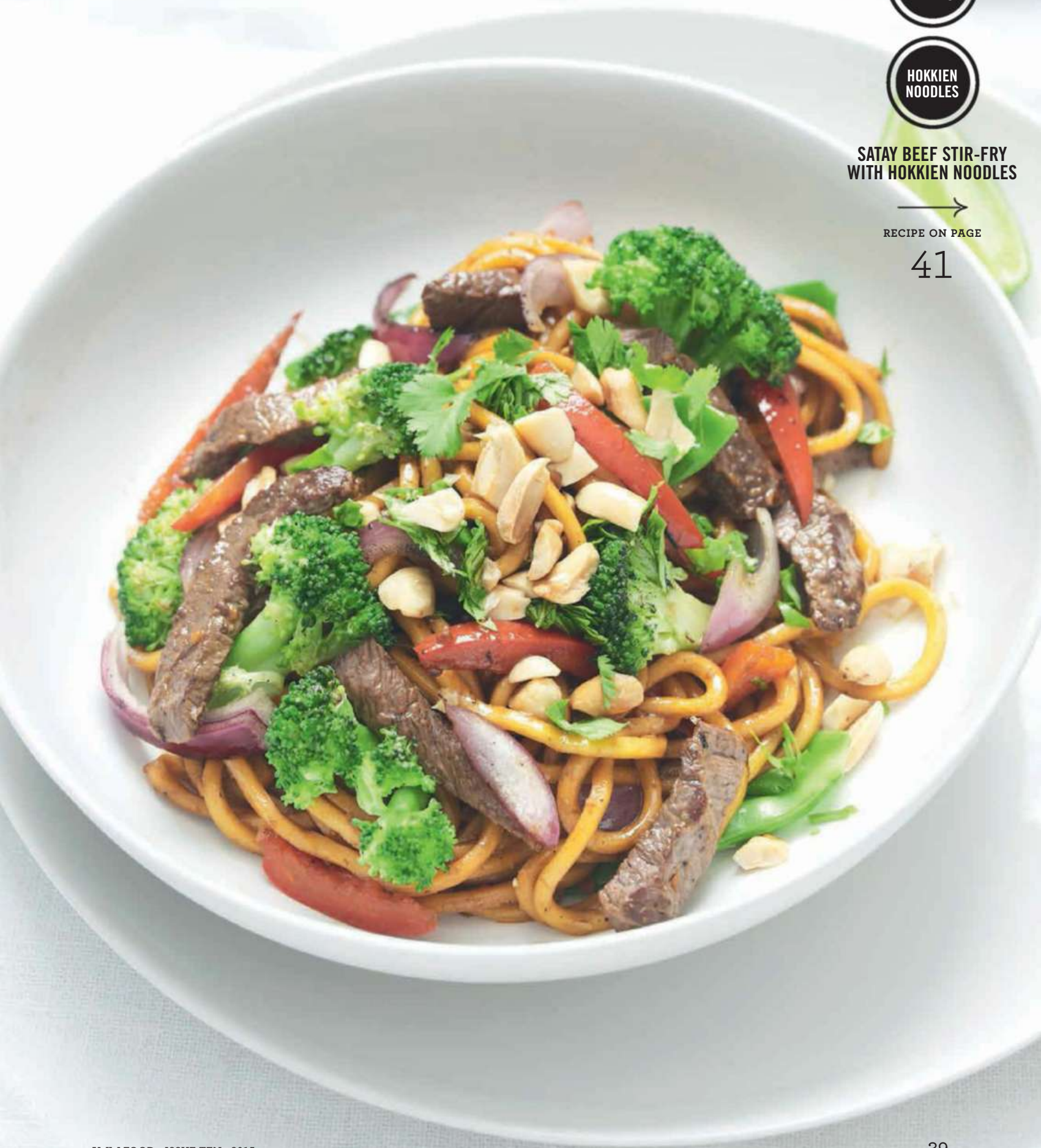
25
MINS

HOKKIEN
NOODLES

SATAY BEEF STIR-FRY
WITH HOKKIEN NOODLES

→
RECIPE ON PAGE

41



25
MINS

GLUTEN
FREE

THAI FISH CAKES WITH
NOODLE SALAD



RECIPE OPPOSITE

Spotlight On



SATAY BEEF STIR-FRY WITH HOKKIEN NOODLES



THAI FISH CAKES WITH NOODLE SALAD

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 600g firm white fish fillets, chopped coarsely
- ⇒ 1 clove garlic, quartered
- ⇒ 1 egg white, beaten lightly
- ⇒ ¾ cup loosely packed fresh coriander leaves
- ⇒ ½ cup loosely packed fresh mint leaves
- ⇒ 4 fresh small red thai chillies, chopped finely
- ⇒ 250g rice vermicelli
- ⇒ 2 teaspoons caster sugar
- ⇒ ¼ cup (60ml) lime juice
- ⇒ 1 tablespoon sambal oelek
- ⇒ 1 lebanese cucumber (130g), seeded, cut into matchsticks
- ⇒ 100g snow peas, sliced thinly

- 1 Blend or process fish, garlic, egg white and half the coriander, half the mint and half the chilli until mixture forms a paste; shape into 12 patties.
- 2 Cook patties, in batches, in a heated large frying pan until browned both sides and cooked through.
- 3 Meanwhile, place vermicelli in a large heatproof bowl; cover with boiling water. Stand until just tender; drain. Cover to keep warm.

- 4 Combine sugar, juice and sambal oelek in a small saucepan; bring to the boil. Reduce heat; simmer, stirring, until sugar dissolves.
- 5 Combine remaining coriander, mint and chilli in a large bowl with vermicelli, sugar mixture, cucumber and snow peas; toss to combine.
- 6 Serve fish cakes on noodle salad.

SATAY BEEF STIR-FRY WITH HOKKIEN NOODLES

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 600g hokkien noodles
- ⇒ 300g beef rump steak, sliced thinly
- ⇒ 1cm piece fresh ginger (5g) grated finely
- ⇒ 2 teaspoons sesame oil
- ⇒ 1 small red onion (100g), sliced thinly
- ⇒ 1 medium red capsicum (200g), sliced thinly
- ⇒ 150g broccoli florets
- ⇒ 2 teaspoons lime juice
- ⇒ ¼ cup (75g) satay sauce
- ⇒ 1 tablespoon hoisin sauce
- ⇒ ½ cup (80ml) soy sauce
- ⇒ 1 tablespoon kecap manis
- ⇒ 150g snow peas
- ⇒ 1 tablespoon finely chopped fresh coriander leaves
- ⇒ ¼ cup (35g) unsalted roasted peanuts, chopped coarsely

- 1 Place noodles in a large heatproof bowl, cover with boiling water; separate with a fork, drain.
- 2 Heat an oiled wok; stir-fry beef and ginger, in batches, until browned. Remove from wok.
- 3 Heat oil in same wok; stir-fry onion, capsicum and broccoli until just tender. Return beef to wok with combined juice and sauces; stir-fry until sauce boils. Add noodles and snow peas; stir-fry until hot.
- 4 Add coriander; stir-fry until combined. Sprinkle with peanuts, and extra coriander leaves, if you like, before serving.



COOK'S NOTES

SATAY BEEF STIR-FRY WITH HOKKIEN NOODLES

You can use your favourite noodles instead of hokkien noodles, if you prefer. Kecap manis is a thick sweet soy sauce of Indonesian origin and is available at most supermarkets and Asian food stores. You can accompany this dish with a bowl of sambal oelek, the fiery-hot Indonesian chilli and vinegar sauce available at most supermarkets and at Asian food stores.

THAI FISH CAKES WITH NOODLE SALAD

The fish cakes can be made in advance and frozen; defrost them in the fridge before cooking. Redfish, usually sold skinned as fillets, is ideal for these fish cakes because of its delicate flavour. You can use other mild-flavoured, skinless fish fillets, if you prefer.



Free-form TIRAMISU

SPONGE BISCUITS infused with COFFEE and LIQUEUR and smothered with a luscious creamy blend. It's no wonder the Italians named their dessert masterpiece tiramisu.

Afterall, it's a word meaning 'pick me up' – and there are very few people who can resist doing so!

FREE-FORM TIRAMISU

PREP TIME 10 MINUTES SERVES 4



COOK'S NOTES

FREE-FORM TIRAMISU

To make a strong espresso coffee, combine 4 tablespoons instant espresso coffee and 1 cup boiling water.

- ⇒ 1 cup (250ml) strong espresso coffee, cooled
- ⇒ ½ cup (125ml) coffee-flavoured liqueur
- ⇒ 10 sponge finger biscuits, halved crossways
- ⇒ ¾ cup (160ml) thickened cream
- ⇒ ¼ cup (40g) icing sugar
- ⇒ 250g mascarpone cheese
- ⇒ 100g dark chocolate, grated

1 Combine coffee and ½ cup of the liqueur in small bowl. Dip biscuits, one at a time, into coffee mixture. Line four 1 cup (250ml) serving glasses with biscuits; drizzle with any remaining coffee mixture.

2 Beat cream and sifted icing sugar in small bowl with electric mixer until soft peaks form; beat in mascarpone and remaining liqueur.

3 Spoon cream mixture into glasses; serve, sprinkled with grated chocolate.



1

Luscious coffee & liqueur

Dip sponge finger biscuit halves, one at a time, into the coffee mixture. Don't soak for too long or they will become soggy and fall apart. Place soaked biscuits into four serving glasses.



2

Creamy & dreamy

Pour the remaining liqueur into the whipped cream mixture, then add the mascarpone and beat until combined. Spoon the mixture onto the coffee-soaked biscuits.



3

mmm... chocolate!

Grate good quality dark chocolate – but make sure you resist the temptation to eat it as you grate it!



4

Grand finale

Sprinkle with grated chocolate, serve, and get ready to take a bow.



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OF
THE

Class

NOW THAT EXAM TIME IS LOOMING,
IT'S AS IMPORTANT TO FEED THE BRAIN
AS IT IS TO FUEL THE BODY. HERE
ARE SOME DELICIOUSLY FRESH AND
LIVELY MEAL IDEAS TO GIVE A NUDGE
TO THE GENIUS WITHIN!

DID YOU KNOW?

Cultures that eat a lot of fish and seafood have lower levels of depression. There is ongoing research into this area, but there is certainly some evidence to suggest that upping the intake of omega-3s can help reduce depressive symptoms in some people.

Whats on your sandwich today?

TUNA SALAD

Can we swap?



PHOTOGRAPHERS BEN DEARNLEY & WILLIAM MEPPEN
STYLISTS MICHELLE NOERianto & VIVIEN WALSH + PHOTOCHEF DOMINIC SMITH

What's for Dinner?

30
MINS

EATING
WELL

TUNA SALAD SUSHI
BOWL

→
RECIPE ON PAGE

50



25
MINS

EATING
WELL

**BROCCOLINI,
ASPARAGUS AND MISO
CHICKEN SALAD**

→
RECIPE ON PAGE

50



25
MINS

MEAT
FREE

PASTA WITH ALMOND
AND WALNUT PESTO,
PEARS AND BROAD
BEANS

→
RECIPE ON PAGE

51

SOME BRAIN FOODS TO REMEMBER

GOOD FATS

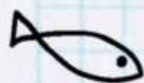
- ↳ avocados
- ↳ fish
- ↳ grains
- ↳ olives
- ↳ olive oil
- ↳ nuts and seeds

OMEGA-3 FATS

- ↳ eggs
- ↳ flaxseeds
- ↳ mackerel
- ↳ salmon
- ↳ sardines
- ↳ tuna
- ↳ walnuts

ANTIOXIDANTS

- ↳ blueberries
- ↳ brightly coloured fruit & vegetables
- ↳ green tea
- ↳ legumes
- ↳ small amounts of dark chocolate
- ↳ tomatoes
- ↳ wholegrains



TUNA SALAD SUSHI BOWL

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ ⅓ cup (80ml) teriyaki sauce
- ⇒ ⅓ cup (80ml) rice vinegar
- ⇒ 1 tablespoon finely grated fresh ginger
- ⇒ 450g packaged brown microwave rice
- ⇒ 2 x 185g cans tuna in springwater, drained
- ⇒ 1 lebanese cucumber (130g), halved lengthways, seeded, sliced thinly lengthways
- ⇒ 1 large avocado (320g), sliced thinly
- ⇒ 1 large carrot (180g), cut into matchsticks
- ⇒ ⅓ cup (90g) drained pickled ginger, sliced thinly
- ⇒ 1 tablespoon sesame seeds, toasted
- ⇒ ½ sheet toasted seaweed (nori), shredded finely

- 1 Combine sauce, vinegar and ginger in a small bowl.
- 2 Reheat rice following packet instructions.
- 3 Combine warm rice and half the dressing in a bowl.
- 4 Serve rice with tuna, cucumber, avocado, carrot and pickled ginger. Drizzle with remaining dressing; sprinkle with sesame seeds and seaweed.

per serve 19.2g total fat (3.5g saturated fat); 1969kJ (471 cal); 43.1g carbohydrate; 26.1g protein; 4.5g fibre



TUNA SALAD SUSHI BOWL

BROCCOLINI, ASPARAGUS AND MISO CHICKEN SALAD

PREP + COOK TIME 25 MINUTES (+ REFRIGERATION) SERVES 4

- ⇒ 2 tablespoons white miso (shiro) paste
- ⇒ 2 tablespoons mirin
- ⇒ 2 tablespoons olive oil
- ⇒ 400g free-range chicken breast fillets, halved horizontally
- ⇒ 200g broccolini, halved lengthways
- ⇒ 170g asparagus, trimmed, halved on the diagonal
- ⇒ ½ cup (75g) roasted cashews, chopped coarsely
- ⇒ 1 cup fresh coriander leaves
- ⇒ 1 cup fresh mint leaves



CREAMY MISO DRESSING

- ⇒ 3 teaspoons brazil and cashew nut spread
- ⇒ 1 tablespoon white miso (shiro) paste
- ⇒ 1 tablespoon mirin
- ⇒ 2 teaspoons water
- ⇒ 1 tablespoon olive oil
- ⇒ ¼ teaspoon sesame oil

- 1 Make creamy miso dressing.
- 2 Combine miso, mirin and half the oil in a medium bowl. Add chicken; turn to coat. Cover; refrigerate for 1 hour.
- 3 Boil, steam or microwave broccolini and asparagus until tender; drain. Cover to keep warm.
- 4 Heat remaining oil in a medium non-stick frying pan over high heat; cook chicken for 2 minutes on each side or until browned and cooked through. Cool for 5 minutes, then shred coarsely.
- 5 Place chicken, broccolini and asparagus in a large bowl with cashews, herbs and dressing; toss to combine.

CREAMY MISO DRESSING Place ingredients in a screw-top jar; shake well until smooth.

per serve 28.8g total fat (5g saturated fat); 2015kJ (482 cal); 17.5g carbohydrate; 33g protein; 5.9g fibre



BROCCOLINI, ASPARAGUS AND MISO CHICKEN SALAD



PASTA WITH ALMOND AND WALNUT PESTO, PEARS AND BROAD BEANS

PASTA WITH ALMOND AND WALNUT PESTO, PEARS AND BROAD BEANS

PREP + COOK TIME 25 MINUTES SERVES 4

- ½ cup (80g) almonds, roasted
- ½ cup (50g) walnuts, roasted
- 2 cloves garlic, crushed
- ¼ cup firmly packed watercress sprigs
- ½ teaspoon freshly ground black pepper
- ½ cup (125ml) extra virgin olive oil
- 400g spelt penne pasta
- 2 medium pears (460g), unpeeled, cored, cut into eight wedges
- 1 tablespoon olive oil
- 2 cups (240g) frozen broad beans, blanched, peeled
- 1½ cups firmly packed watercress sprigs, extra
- ½ cup (25g) shaved pecorino or parmesan

1 Process nuts, garlic, watercress and pepper until finely chopped. With motor operating, gradually pour in ¼ cup of the extra virgin olive oil until combined. Season with salt to taste.

2 Cook pasta in a large saucepan of boiling salted water for 8 minutes or until almost tender. Drain; reserve ½ cup pasta cooking water. Return pasta to pan; cover to keep warm.

3 Meanwhile, season pears. Heat olive oil in a large frying pan over medium heat; cook pears for 2 minutes each side or until golden. Drain on paper towel.

4 Add pesto to pasta with enough reserved cooking water for pesto to coat pasta (do not return the pan to the heat or the pesto will thicken and make the mixture dry). Add pear, broad beans and extra watercress; toss gently to combine. Season to taste.

5 Serve pasta topped with cheese, drizzled with remaining extra virgin olive oil.

per serve 55.7g total fat (7.7g saturated fat); 4182kJ (999 cal); 89.9g carbohydrate; 28.5g protein; 14.2g fibre



COOK'S NOTES

BROCCOLINI, ASPARAGUS AND MISO CHICKEN SALAD

You will need 1 bunch of broccolini and 1 bunch of asparagus for this recipe. To make this dish vegetarian, instead of chicken, use oyster mushrooms; cook them in the pan for 3 minutes or until tender. Miso is a living fermented product that's good for gut health. It also contains naturally occurring glutamates, which gives it a very moreish taste. White miso (shiro) is sweeter and milder in taste than brown, red and black miso, making it perfect for dressings. It is available from most major supermarkets and Asian food stores.

PASTA WITH ALMOND AND WALNUT PESTO, PEARS AND BROAD BEANS

The pesto can be made a day ahead; store in an airtight container in the fridge until ready to use.



COOK'S NOTES

SEARED WASABI SALMON AND BROWN RICE SALAD

If you can't find wasabi powder, use the equivalent amount of wasabi paste and spread it over the salmon before rolling it in sesame seeds.

Sashimi-grade fish must be impeccably fresh and prepared using extremely strict standards of hygiene as the fish is to be eaten raw.

If you are unable to obtain it, or prefer your fish cooked, simply cook the fish for a further 1½ minutes on each side or until cooked through.



SILVER BEET OMELETTE WITH CAPSICUM SALAD

SILVER BEET OMELETTE WITH CAPSICUM SALAD

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 260g chargrilled red capsicum, drained, sliced thickly
- ⇒ 1 tablespoon fresh thyme leaves
- ⇒ 1 clove garlic, crushed
- ⇒ 1 tablespoon balsamic vinegar
- ⇒ 1 tablespoon olive oil
- ⇒ 6 medium stalks silver beet
- ⇒ 10 eggs
- ⇒ ¼ cup (60ml) milk
- ⇒ 2 cloves garlic, extra, crushed
- ⇒ 3 cups (350g) firmly packed snow pea tendrils
- ⇒ ½ cup (40g) shaved pecorino cheese

1 Combine capsicum, thyme, garlic, vinegar and oil in a large bowl; stand for 15 minutes.

2 Meanwhile, cut stems from silver beet (save for another use if you like); shred leaves. Whisk eggs, milk, shredded silver beet and extra garlic in a large bowl; season.

3 Heat a small non-stick frying pan over medium heat. Pour one-quarter of the egg mixture into pan; tilt pan to cover base with egg mixture. Cook over medium heat for 3 minutes or until omelette is just set. Carefully slide omelette onto plate; cover to keep warm. Repeat with remaining egg mixture to make 4 omelettes in total.

4 Add snow pea tendrils and pecorino to capsicum mixture; toss to combine.

5 Serve omelettes topped with capsicum salad.

per serve 24.5g total fat (7.3g saturated fat); 1425kJ (341 cal); 5.1g carbohydrate; 24.3g protein; 3.6g fibre

SEARED WASABI SALMON AND BROWN RICE SALAD

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ 500g packaged pre-cooked brown basmati rice
- ⇒ 350g sashimi-grade salmon
- ⇒ 2 tablespoons sesame seeds
- ⇒ 1 tablespoon wasabi powder
- ⇒ 2 tablespoons olive oil
- ⇒ 100g baby asian salad leaves
- ⇒ ¼ cup (70g) pickled ginger
- ⇒ 2 green onions, sliced thinly
- ⇒ 1 fresh long red chilli, sliced thinly
- ⇒ 1 large avocado (320g), chopped
- ⇒ 2 tablespoons light soy sauce
- ⇒ 2 tablespoons lime juice
- ⇒ 1 tablespoon olive oil, extra
- ⇒ 1 lime, cut into wedges

1 Reheat rice following packet instructions; cool slightly.

2 Meanwhile, roll salmon in combined sesame seeds and wasabi powder until coated.

3 Heat oil in a large frying pan over high heat; cook salmon for 1 minute each side or until browned but still raw in the centre. Cool for 5 minutes. Cut into thin slices.

4 Place brown rice in a large bowl with salad leaves, ginger, onion, chilli and avocado; toss gently to combine.

5 Place sauce, juice and extra oil in a screw-top jar; shake well.

6 Arrange rice salad and salmon on a platter; drizzle with dressing. Serve with lime wedges.

per serve 41.6g total fat (8.4g saturated fat); 2893kJ (691 cal); 44.3g carbohydrate; 32g protein; 5.4g fibre

What's for Dinner?

20
MINS

SUPER
FOODS

SEARED WASABI SALMON AND BROWN RICE SALAD

YOU WILL NEED
pickled ginger

←
RECIPE OPPOSITE

DAIRY
FREE

GLUTEN
FREE

EGG
FREE

NUT
FREE



BRAINWAVES

There's nothing fishy about it. Scientific research shows the benefits of eating more fish and seafood in our diet. Take a visit to your local fish market and be inspired by the huge array of fresh Australian seafood on offer and enjoy the health benefits of these gifts from the sea. So what is it about fish that makes it so good for our bodies and our brains? Let's take look at some of the varieties of fish that are high in nutritional value.

BIG FISH

Big fish such as shark, swordfish and marlin take years to reach their size. Overfishing these large fish can have grave consequences. Furthermore these fish higher up the food chain are also those most likely to have accumulated levels of mercury that may be damaging to our health. By choosing smaller fish you have a win-win on both fronts.

What time is the
maths test?

YESTERDAY

Dops - missed it!



WHITE FISH

White fish is a good source of iodine. A 100g snapper fillet, for example, provides you with more than a quarter of your daily requirement. In Australia we no longer use so much iodised salt and so deficiency has re-emerged. Iodine is essential for the production of thyroid hormones that control metabolism. White fish also provide two minerals involved in many biological processes in the body including bone health – manganese and phosphorus. A serve of white fish can provide about a third of your daily manganese requirement and over three-quarters that for phosphorus.

LITTLE FISH

While large oily fish often get all the nutritional kudos, small white fish are equally worthy of 'superfood' status. Although they don't contain the same high levels of omega-3 fats (with the exception of sardines), they do provide a wealth of other nutrients. They are protein rich with a 100g fillet providing you with about 20g of high quality protein, as well as all the essential amino acids we need. And with very little fat the kilojoule count is far lower.

PROTEIN

While research suggests that many Australians eat more protein than they need, the amount required depends on your weight, age and overall health. Protein in the diet is important because it is broken down during the digestive process into amino acids, which are essential building blocks for body and brain function. Good sources are lean meat, poultry and fish, as well as eggs, low-fat dairy products and legumes.



CARBOHYDRATES

Carbohydrates fell out of favour for a while, but they are back on healthy menus. As well as fuelling our bodies with energy, carbs help optimise cognitive performance. Carbohydrates that are slow-releasing help keep up the supply of glucose to the brain that helps it to function at its best. A serve of porridge and fresh fruit for breakfast will help lift some of that fog, and get the brain prepped for exam success!

What's for Dinner?

30
MINS

MEAT
FREE

SILVER BEET OMELETTE
WITH CAPSICUM SALAD

← RECIPE ON PAGE

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What's for Dinner?

TAKE A BREAK
FROM YOUR STUDIES
AND ENJOY SOME
ENERGISING BRAIN
FOOD POWER SNACKS
ON PAGE 78.

30
MINS

MEAT
FREE

PUMPKIN GNOCCHI
WITH BROCCOLINI
AND RED ONION

→
RECIPE ON PAGE

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What's for Dinner?

25
MINS

EATING
WELL

THAI PRAWNS WITH
SOBA NOODLES AND
ASPARAGUS

→
RECIPE OPPOSITE

THAI PRAWNS WITH SOBA NOODLES AND ASPARAGUS

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 200g green tea soba noodles
- ⇒ 340g thin asparagus, halved crossways
- ⇒ ½ cup (80g) shelled frozen edamame, thawed
- ⇒ 1 cup fresh mint leaves
- ⇒ 1 cup fresh thai basil leaves
- ⇒ 16 uncooked large prawns (1.2kg), peeled, deveined, with tails intact
- ⇒ 2 tablespoons olive oil
- ⇒ 2 limes, cut into wedges

DRESSING

- ⇒ 2 tablespoons finely grated palm sugar
- ⇒ ⅓ cup (80ml) lime juice
- ⇒ ¼ cup (60ml) fish sauce
- ⇒ 2 fresh small red chillies, seeded, chopped finely
- ⇒ ¼ cup (60ml) peanut oil

- 1 Make dressing.
- 2 Cook noodles in a saucepan of boiling water for 2 minutes or until almost tender. Add asparagus; cook for a further 2 minutes or until noodles and asparagus are just tender. Drain, refresh under cold water; drain.
- 3 Place noodles and asparagus in a large bowl with edamame, herbs and dressing; toss gently to combine.
- 4 Combine prawns and oil in a medium bowl. Cook prawns on a heated grill plate (or grill or barbecue) for 1½ minutes each side or until just cooked through.
- 5 Serve noodle salad topped with prawns and lime wedges.

DRESSING Whisk ingredients together in a small bowl until sugar dissolves.

per serve 25.3g total fat (4.5g saturated fat); 2015kJ (481 cal); 22.1g carbohydrate; 22g protein; 6g fibre

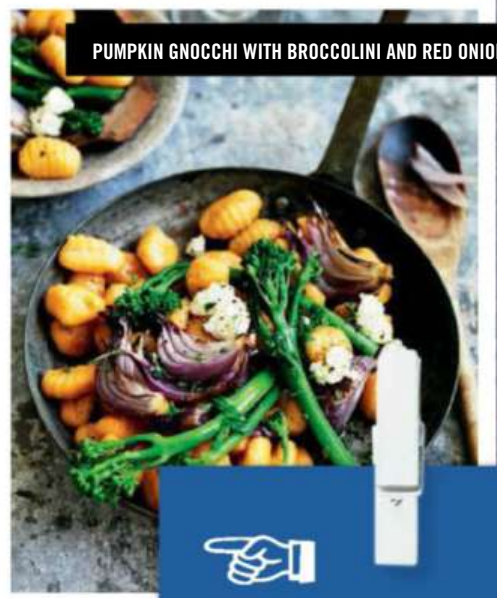
PUMPKIN GNOCCHI WITH BROCCOLINI AND RED ONION

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 500g pumpkin gnocchi
- ⇒ 1 tablespoon olive oil
- ⇒ 2 medium red onions (340g), cut into six wedges
- ⇒ 60g butter
- ⇒ 1 clove garlic, crushed
- ⇒ 2 teaspoons fresh thyme leaves
- ⇒ 200g broccolini, halved crossways
- ⇒ 40g soft goat's cheese, crumbled

- 1 Cook gnocchi in a large saucepan of boiling water, uncovered, until just tender. Drain, reserving ¾ cup (180ml) of the cooking liquid. Place gnocchi, in a single layer, on an oven tray.
- 2 Meanwhile, heat oil in a large frying pan over low heat; cook onion, stirring occasionally, until softened. Remove from pan.
- 3 Reheat same pan over high heat with half the butter, add half the gnocchi; cook, tossing, for 3 minutes or until golden. Remove from pan. Repeat with remaining butter and gnocchi.
- 4 Reheat same pan over medium heat, return onion to pan with garlic, thyme and broccolini; cook, stirring, until broccolini is almost tender. Return gnocchi to pan, with enough of the reserved cooking liquid to coat; season to taste. Serve gnocchi topped with goat's cheese.

per serve 19.8g total fat (10.1g saturated fat); 1697 kJ (406 cal); 41.9g carbohydrate; 11.9g protein; 3.8g fibre



PUMPKIN GNOCCHI WITH BROCCOLINI AND RED ONION



COOK'S NOTES

PUMPKIN GNOCCHI WITH BROCCOLINI AND RED ONION

Instead of adding the cooking liquid in step 4, add ½ cup (160ml) pouring cream to the pan with the broccolini.

Green cruciferous vegetables such as broccolini are an important part of any diet. Broccoli and kale, vegetables in the same family, can be substituted.

THAI PRAWNS WITH SOBA NOODLES AND ASPARAGUS

Asparagus spears vary in thickness; if the ends are really thick, peel them from the bottom up to within 5cm of the tips.

Soba noodles are a low GI Japanese noodle made from a mixture of buckwheat and wheat, making them high in dietary fibre and a complete protein. Sodium content is high, however this is reduced significantly after cooking.

*Images of coconut
palms swaying in a gentle tropical
breeze are happy holiday memories for many.
But the coconut itself never takes a break.
This ingredient is hard at work*

Coconut grove

*in many cuisines where its meat,
milk, cream and water contribute texture and
taste to an almost endless array of dishes.
Here we celebrate the coconut
with some quick-to-prepare
wickedly sweet treats.*

PHOTOGRAPHER JOHN PAUL URIZAR • STYLIST MICHAELA LE COMPTE • PHOTOCHEF NICK BRANBURY



15
MINS

DAIRY
FREE

GLUTEN
FREE

MACADAMIA AND
COCONUT PRALINE

YOU WILL NEED
baking paper



RECIPE ON PAGE

66

15
MINS

KIDS CAN
MAKE

PRETTY PASTEL
COCONUT ICE

→
RECIPE ON PAGE

66





**SUGAR-FREE COCONUT
AND MANGO POPSICLES**

YOU WILL NEED
popsicle moulds



RECIPE ON PAGE

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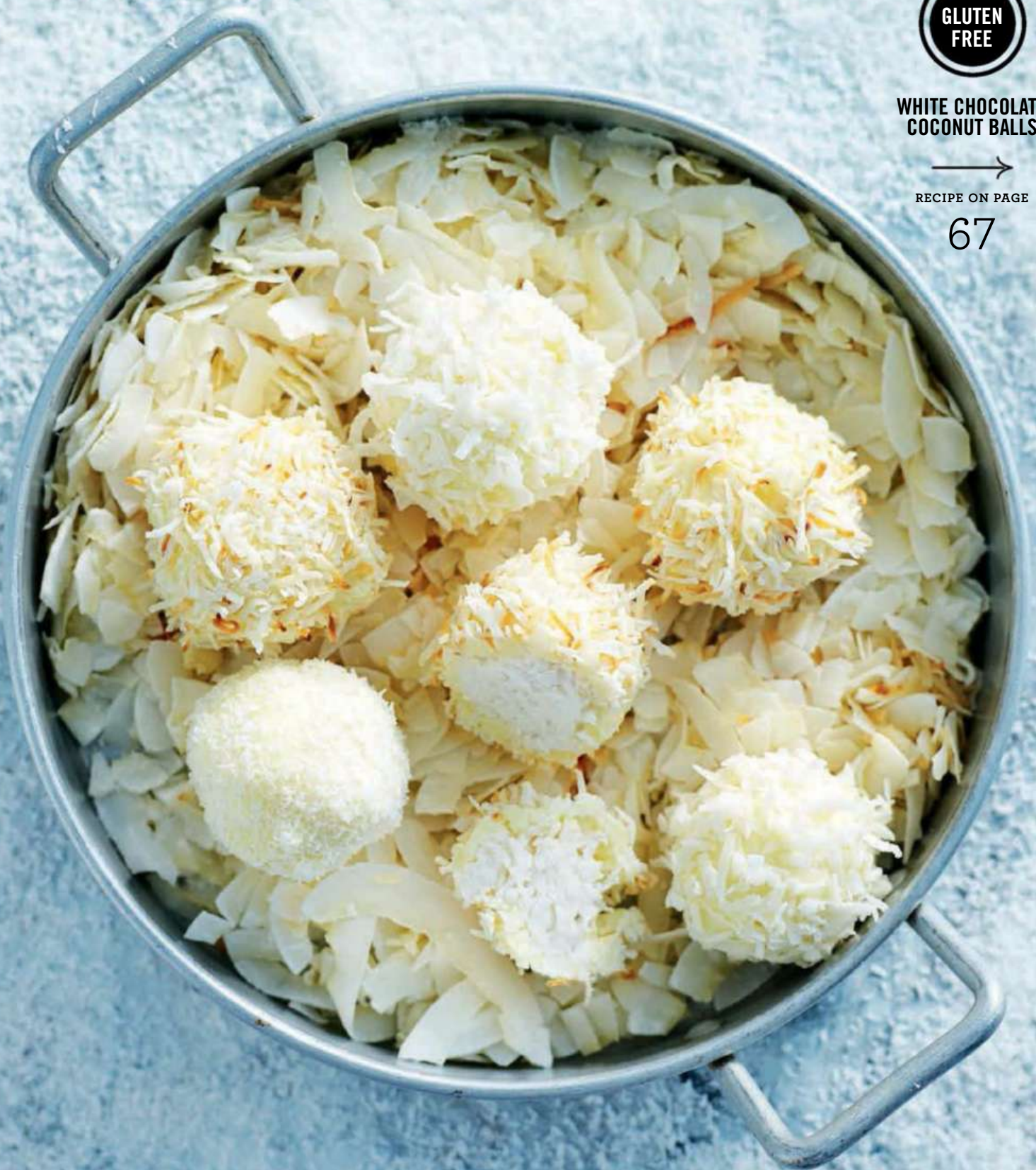
15
MINS

GLUTEN
FREE

WHITE CHOCOLATE
COCONUT BALLS

→
RECIPE ON PAGE

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KIDS CAN
MAKE

SUGAR
FREE

COCONUT WATER ICE CUBES

Coconut water, the clear liquid found inside young coconuts, makes refreshing ice-cubes. When filled with other ingredients, the humble ice-cube can become a work of art! We used small pieces of fennel fronds, kale, wheat grass, baby coriander, mango, pineapple and longans to make coconut water ice-cubes. Small coconut water ice-cubes will freeze in about 3 hours in an ice-cube tray. For larger blocks, freeze overnight.





COOK'S NOTES

MACADAMIA AND COCONUT PRALINE

Sprinkling the nuts and coconut after you pour the toffee onto the tray means the ingredients can be seen on top of the toffee instead of being covered by it. Star anise is used to flavour food, but it is inedible on its own. You can, however, use the star anise used in this recipe to decorate the praline after it has set, if you wish.

PASTEL COCONUT ICE

To incorporate the colour evenly, knead the colour into coconut ice mixture like kneading bread dough. The coloured coconut ice will set a darker colour than they first appear in the mixture. To make assorted colours, just divide the base mixture further and colour accordingly.



15
MINS

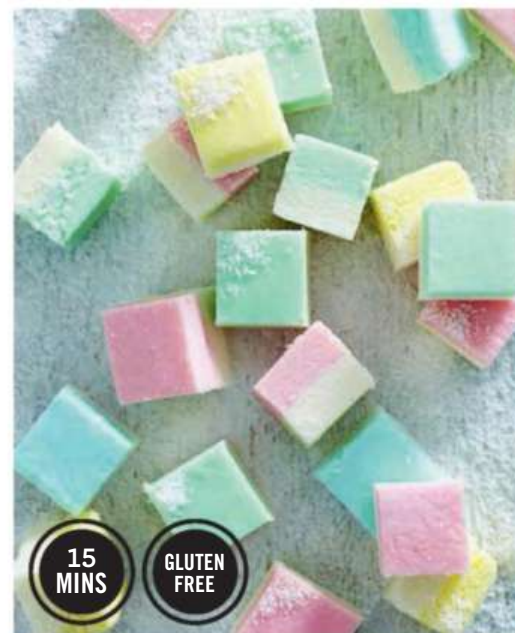
GLUTEN
FREE

MACADAMIA AND COCONUT PRALINE

PREP + COOK TIME 15 MINUTES + STANDING SERVES 10

- 60g flaked coconut, toasted lightly
- 70g macadamia halves, roasted lightly
- 2 cups (440g) caster sugar
- ½ cup (125ml) water
- 4 star anise (see Cook's Notes)
- 1 tablespoon desiccated coconut

- 1 Spread half the coconut and macadamia, in a single layer, on a oven tray lined with baking paper.
- 2 Combine sugar, the water and star anise in a small, heavy-based saucepan; stir over low heat, without boiling, until sugar dissolves. Increase heat; boil, without stirring until mixture is just beginning to turn golden. Remove star anise; cook a few more seconds until syrup turns a caramel colour.
- 3 Pour the toffee evenly over the macadamia and coconut tray. Working quickly, before the toffee sets, sprinkle the remaining macadamia and coconut and desiccated coconut over the toffee.



15
MINS

GLUTEN
FREE

PRETTY PASTEL COCONUT ICE

PREP 15 MINUTES (+ REFRIGERATION) MAKES 25

- 5½ cups (840g) icing sugar
- 2½ cups (200g) desiccated coconut
- 395g can sweetened condensed milk
- 1 egg white, beaten lightly
- food colouring

- 1 Line a deep 19cm-square cake pan with strips of baking paper.
- 2 Sift icing sugar into large bowl; stir in coconut, then condensed milk and egg white.
- 3 Divide mixture in half; tint half with food colouring of your choice. Press coloured mixture into pan then top with white mixture. Cover; refrigerate about 3 hours, or until, set before cutting into squares.





SUGAR-FREE COCONUT AND MANGO POPSICLES

PREP + COOK TIME 25 MINUTES (+ FREEZING) MAKES 8

- ⇒ 1½ cups (265g) frozen diced mango
- ⇒ ½ cup (125ml) pure fresh apple juice
- ⇒ 2 tablespoons norbu (monk fruit sugar)
- ⇒ ¼ cup (60ml) water
- ⇒ 270ml coconut cream
- ⇒ ½ teaspoon sea salt flakes
- ⇒ ¼ cup (10g) shredded coconut, toasted

1 Process mango and apple juice until smooth. Place 2 tablespoons mango puree into each of eight ½-cup (125ml) popsicle moulds; freeze for 30 minutes.

2 Meanwhile, stir norbu and the water in a small saucepan over low heat until sugar dissolves (do not allow to simmer or boil or the mixture will crystallise). Whisk sugar syrup, coconut cream and salt to combine. Spoon mixture into popsicle moulds to fill; freeze for at least 4 hours or overnight.

3 Dip popsicle moulds briefly in boiling water; remove popsicles. Place toasted coconut in a small bowl, dip each popsicle quickly in hot water then into the coconut. Freeze on a baking-paper-lined tray for 10 minutes or until ready to eat.



WHITE CHOCOLATE COCONUT BALLS

PREP 15 MINUTES (+ REFRIGERATION & FREEZING TIME) MAKES 9

- ⇒ 1¼ cups (95g) shredded coconut
- ⇒ ⅓ cup (80ml) coconut cream
- ⇒ 3 teaspoons caster sugar
- ⇒ 300g white chocolate melts, finely chopped
- ⇒ ⅓ cup toasted shredded coconut
- ⇒ ⅓ cup moist coconut flakes
- ⇒ ⅓ cup desiccated coconut

1 Line a baking tray with baking paper.

2 Combine coconut, coconut cream, and sugar in a medium bowl. Divide mixture into 9 portions. Shape each portion into a ball. Place balls on an oven tray lined with baking paper. Freeze for 1 hour or until firm.

3 Place chocolate in a small microwave-safe bowl. Microwave on HIGH (100%) in 30-second bursts, stirring, until melted and smooth. Cool to room temperature.

4 Place the coconut varieties into 3 separate bowls. Dip balls into melted white chocolate and roll into the dry shredded coconut, moist coconut flakes, or desiccated coconut; allow excess to drain. Return to oven tray. Refrigerate for 30 minutes or until firm.



COOK'S NOTES

SUGAR-FREE COCONUT AND MANGO POPSICLES

You can replace norbu with an equal amount of caster sugar, if preferred.

Cover moulds with a double layer of plastic wrap; this will help to keep the popsicle sticks upright. Pierce plastic with a small knife, then push popsicle sticks into each hole.

If you don't own popsicle moulds, you can easily make them in large ice cube trays, or individual dariole moulds (below). Insert the wooden paddlepop sticks into the ice-creams when they're semi-frozen, piercing through the plastic wrap covering will also help to keep them upright.



IT'S ALL ABOUT THAT BASE

OUR GORGEOUS NO-CHURN COCONUT ICE-CREAM

IS DELICIOUS AS IT IS, BUT IT ALSO FORMS THE PERFECT BASE UPON WHICH TO CREATE YOUR OWN DREAMY DESSERTS. SO LET'S GET CREATIVE! SIMPLY STIR IN THE INGREDIENTS AT THE END OF STEP 1.

CHERRY DELIGHT

Fold 150g pitted fresh or frozen cherries and ½ cup toasted shredded coconut through coconut ice-cream at the end of step 1.

SALTED CARAMEL-LO!

Swirl ¾ cup (180ml) store-bought salted caramel swirl mixed with 1 teaspoon sea salt through coconut ice-cream at the end of step 1.

COCONUT MOJITO

For an adult's only treat, fold 2 teaspoons finely grated lime rind and 2-3 tablespoons white rum (to taste) through coconut ice-cream at the end of step 1.

GINGER ZING

Fold ⅓ cup chopped glace ginger and ½ cup coarsely chopped unsalted cashews through coconut ice-cream at the end of step 1.

RASPBERRY BERET

Fold 150g fresh or frozen raspberries and 100g chopped white chocolate through coconut ice-cream at the end of step 1. Top with extra berries.

A DASH OF PASSION

Swirl ¾ cup (180ml) fresh passionfruit pulp coconut ice-cream at the end of step 1.

MUTINY ON THE BOUNTY

Make a chocolate fudge sauce using dark chocolate (180g) melted with ½ cup (125ml) pouring cream and (for grown-ups) 1-2 tablespoons Malibu to taste. Serve the ice-cream in glasses or jars drizzled with the hot fudge sauce and sprinkled with toasted flaked coconut, crushed nuts of your choice, or chopped Bounty chocolate bars. Omit the Malibu for children.

ICE-CREAM TOPPERS

SERVE SCOOPS OF COCONUT ICE-CREAM TOPPED WITH:

COCO-BERRY CRUNCH

MIXED BERRIES, CRUSHED ANZAC BISCUITS AND GRATED WHITE CHOCOLATE

CHOC-ORANGE

CRUSHED HONEYCOMB CHOCOLATE BAR, ORANGE SEGMENTS AND GRATED DARK CHOCOLATE

TROPICAL BREEZE

CHOPPED FRESH PAPAYA, FLAKED OR MOIST COCONUT AND A GOOD SQUEEZE OF FRESH LIME JUICE

CHERRY RIPE

CHOCOLATE SAUCE, CHOPPED GLACE CHERRIES AND TOASTED DESICCATED COCONUT

TREAT FROM THE EAST

FRESH OR TINNED LYCHEES OR LONGANS AND CRUSHED ROASTED PEANUTS

CONEY ISLAND

Place melted white chocolate and toasted coconut into small bowls. Dip cones into chocolate then coconut. Stand cones on baking paper until set. Scoop coconut ice-cream into cones and enjoy!

15
MINS

STAR
RECIPE

NO-CHURN
COCONUT ICE-CREAM

YOU WILL NEED
an electric mixer

→
RECIPE ON PAGE

73

KNOW YOUR COCONUTS

1 ROASTED COCONUT CHIPS

2 COCONUT CREAM

3 FRESH YOUNG COCONUT

4 FRESH WHOLE COCONUT

5 FINE DESICCATED COCONUT

6 SHREDDED COCONUT

9 COCONUT WATER

8 COCONUT MILK

7 MOIST COCONUT FLAKES

Coconut water, meat, oil, cream and milk have nourished many cultures for hundreds of years. Here are some of the coconut's offerings we use in food preparation and cooking.

1 ROASTED COCONUT CHIPS

The ideal gluten-free snack, roasted coconut chips crunch like potato chips, but have a delicious tropical flavour.

2 COCONUT CREAM

Rich and flavourful, coconut cream's thickness adds 'body' to both sweet and savoury cooking.

3 FRESH YOUNG COCONUT

With their green shells, or white husk, young coconuts are sometimes called Thai coconuts. They are full of fresh coconut water.

4 FRESH WHOLE COCONUT

Our friendly familiar coconut isn't a nut. It's a "drupe". Other drupes include peaches, cherries, plums and olives.

5 FINE DESICCATED COCONUT

The dried and grated flesh of the coconut is graded by size. The tiny shards of fine desiccated coconut are often used in desserts.

6 SHREDDED COCONUT

With its meaty strands, shredded coconut is used in many dishes, from baking to curries.

7 MOIST COCONUT FLAKES

Coconut flakes are larger and courser than shredded coconut, but ideal for those who are nuts about coconuts!

8 COCONUT MILK

Made from the flesh of mature coconuts, coconut milk has a thinner consistency than its cream counterpart.

9 COCONUT WATER

Crack open a young, green coconut and the liquid you'll find is coconut water.

15
MINS

GLUTEN
FREE

NO
BAKE

**BLUEBERRY
BUBBLE SLICE**

YOU WILL NEED
a 9cm x 23cm loaf pan

→
RECIPE ON PAGE

73

30
MINS

COCONUT MACAROON CHEESECAKE

YOU WILL NEED
a 11cm x 34cm
(base measurement)
rectangular fluted
loose-based flan tin



RECIPE OPPOSITE

COVER
RECIPE

COOK'S NOTES

GOING COCONUTS

The coconut is an amazing fruit. This hairy little ball is a food staple in many cuisines, where its water, meat, milk, cream and sugar is used extensively. Even coir, the fibre from the coconut's shell, is used to make matting, ropes, brushes and mattress filling.

Coconut oil is used widely in cooking, but it is also used to make soaps and cosmetics.

Coconuts are bouyant and as they floated their way around the tropics, they are now grown in around 80 countries. Now the many gifts of the coconut are appreciated globally.



COCONUT MACAROON CHEESECAKE

PREP TIME 30 MINUTES (+ REFRIGERATION)

SERVES 8

- ⇒ 125g packet plain sweet biscuits
- ⇒ 100g coconut macaroons
- ⇒ 125g butter, melted
- ⇒ 2 teaspoons gelatine
- ⇒ 1 tablespoon water
- ⇒ 250g packet cream cheese, softened
- ⇒ ¼ cup (55g) caster sugar
- ⇒ 270ml can coconut cream
- ⇒ 1 teaspoon finely grated lime rind
- ⇒ 1½ tablespoons lime juice

1 Process biscuits until fine; add butter, process until combined. Press mixture evenly over base and sides of a 11cm x 34cm (base measurement) rectangular fluted loose-based flan tin. Place tin on a tray and freeze while you make the filling.

2 Meanwhile, sprinkle gelatine over the water in small heatproof jug; stand jug in small saucepan of simmering water. Stir until gelatine dissolves; cool 5 minutes.

3 Beat cream cheese and caster sugar in small bowl with electric mixer until smooth. Add coconut cream, rind and juice; beat until smooth. Stir in gelatine mixture.

4 Pour mixture into crumb crust. Cover; refrigerate about 3 hours or until set.

TIP If you have difficulty finding coconut macaroons you can use 100g butternut biscuits. Reduce the butter quantity in the recipe by half as these biscuits are quite high in butter.



BLUEBERRY BUBBLE SLICE

PREP + COOK TIME 15 MINUTES

(+ REFRIGERATION) MAKES 12

- ⇒ 180g white eating chocolate, melted
- ⇒ 1 cup (20g) puffed rice
- ⇒ ½ cup (40g) desiccated coconut
- ⇒ ½ cup (80g) dried blueberries
- ⇒ ¼ cup (35g) unsalted pistachios, chopped coarsely

1 Grease 9cm x 23cm loaf pan; line base and two long sides with baking paper, extending paper 5cm above sides.

2 Combine all ingredients in medium bowl.

3 Spoon mixture evenly into pan; refrigerate until set. Remove bubble slice from pan; cut into slices.

TIPS Serve scattered with fresh blueberries, if you like. You can substitute dried blueberries for dried cranberries. Use a serrated knife for cutting the slice. Slice can be stored in airtight container in the refrigerator for up to 1 week.



NO-CHURN COCONUT ICE-CREAM

PREP TIME 20 MINUTES (+ FREEZING)

MAKES 4 CUPS

- ⇒ 1 cup (250ml) thickened cream
- ⇒ 1 cup (250ml) coconut cream (at least 19g fat content), well chilled
- ⇒ 1½ cups (240g) pure icing sugar, sifted
- ⇒ ¼ cup (60ml) lime juice
- ⇒ 250g coconut yoghurt
- ⇒ ½ cup moist coconut flakes

1 Beat cream, coconut cream and icing sugar in a medium bowl with an electric mixer until soft peaks form. Fold in lime juice, yoghurt and coconut until just combined.

2 Spread mixture into a loaf pan, cover and freeze 6 hours or overnight.





STIR-FRY FOR 2

Just me and you

If there is just two of you to cook for a stir-fry is not just quick and easy, it's also full of goodness and packed with flavour. Here are six tempting stir-fries that are on the table in minutes.

BABY BUK CHOY

Smaller than buk choy, the baby version has dark green leaves and juicy stems. It's delicious in salads, stirred through soups, steamed, or stir-fried.

GAI CHOY

Gai choy has a strong, hot taste. The stems, are less pungent than the leaves, but both are good in stir-fries, with other strongly-flavoured ingredients.

TAT SOI

Tat soi has spoon-shaped leaves. Young tat soi is eaten raw in salads, and tat soi of any size is used in soups, steamed and in stir-fries.

BABY CHOY SUM

Like its 'older sibling' baby choy sum has a mild mustard-like tang in its green leaves. The plant is tender and a versatile addition to a wide range of dishes.

BUK CHOY

Buk choy, also called bok choy or pak choy. Both its white stems and green leaves are used in soups and stir-fries, or cooked as a separate vegetable.

CHOY SUM

Choy sum has small edible yellow flowers with slightly mustard-tasting leaves and green stems. It is delicious stir-fried with other vegies.

KANG KONG

Kang kong or water spinach, is delicate with hollow stems. Use the leaves and top half of the stems. Stir-fry, dip in batter and deep-fry, or serve steamed.

GAI LAN

Gai lan has tiny broccoli-like heads. The stems, leaves, heads and flowers can be eaten though leaves may be discarded if very coarse.



CHILLI GARLIC SPINACH

ON THE TABLE IN 10 MINUTES

- ⇒ 1 fresh long red chilli, cut into matchsticks
- ⇒ 600g spinach, chopped coarsely
- ⇒ 1 clove garlic, chopped finely
- ⇒ 1 tablespoon coconut cream
- ⇒ 1 tablespoon lime juice
- ⇒ ½ teaspoon shrimp paste

1 Heat an oiled wok; stir-fry chilli and garlic until fragrant. Add spinach; stir-fry until spinach wilts. Add coconut cream, juice and paste; stir-fry until hot, season to taste.

TIPS Serve this dish as an accompaniment to meat or chicken, with steamed jasmine rice. Omit the shrimp paste to make this dish suitable for vegetarians.



SINGAPORE PRAWNS WITH NOODLES

ON THE TABLE IN 20 MINUTES

- ⇒ 220g fresh singapore noodles
- ⇒ 12 uncooked medium king prawns
- ⇒ 2 shallots, sliced thinly
- ⇒ 200ml singapore hot curry sauce
- ⇒ 1 tablespoon lime juice
- ⇒ 2 green onions, sliced thinly

1 Place noodles in a medium heatproof bowl, cover with boiling water; separate with fork, drain.

2 Meanwhile, shell and devein prawns, leaving tails intact.

3 Heat oiled wok; stir-fry shallot until browned lightly. Add curry sauce; bring to the boil. Reduce heat; simmer, uncovered, until sauce thickens slightly.

4 Add prawns to wok; simmer until prawns change colour. Add noodles and juice; stir-fry until hot, season.

5 Serve noodles sprinkled with onion.



CURRIED LAMB WITH CAPSICUM

ON THE TABLE IN 20 MINUTES

- ⇒ 250g thinly sliced lamb fillet
- ⇒ 1 small brown onion (80g), cut into wedges
- ⇒ 1 small red capsicum (150g), chopped coarsely
- ⇒ 1 small yellow capsicum (150g), chopped coarsely
- ⇒ 2 teaspoons sambal oelek
- ⇒ ½ teaspoon curry powder
- ⇒ 10 small fresh curry leaves
- ⇒ 2 tablespoons water

1 Heat oiled wok; stir-fry lamb, in batches, until browned. Remove lamb from wok.

2 Reheat oiled wok; stir fry onion and capsicum until tender.

3 Return lamb to wok with sambal, curry powder, curry leaves and the water; stir-fry until hot, season to taste.

TIP Serve with steamed rice.



25 MINS DUCK BREASTS WITH GREEN ONION

ON THE TABLE IN 25 MINUTES

- ⇒ 1 tablespoon peanut oil
- ⇒ 3 green onions, sliced thinly
- ⇒ 4cm piece grated fresh ginger (20g)
- ⇒ 2 duck breasts (300g)
- ⇒ 2 trimmed celery stalks (200g), cut into matchsticks
- ⇒ 1 medium carrot (120g), cut into matchsticks

- 1 Heat oil in wok; stir-fry onion and ginger until onion softens. Remove from wok; season to taste.
- 2 Cook duck, skin-side down, in cleaned heated, oiled wok for 5 minutes or until skin is crisp. Turn duck; cook for 5 minutes or until cooked through, reserve pan drippings. Cover duck; stand for 5 minutes then slice thinly.
- 3 Reheat 1 tablespoon reserved pan drippings in wok; stir-fry celery and carrot until tender. Serve vegetables topped with duck and green onion sauce.

TIP Serve with steamed rice.

15 MINS SALT AND PEPPER BEEF WITH LIME

ON THE TABLE IN 15 MINUTES

- ⇒ 2 tablespoons plain flour
- ⇒ 250g thinly sliced beef rump steak
- ⇒ vegetable oil, for deep-frying
- ⇒ 2 fresh long red chillies, sliced
- ⇒ 2 tablespoons fresh coriander leaves
- ⇒ fresh rice noodles and lime wedges, to serve

- 1 Season flour with salt and pepper in a small bowl. Toss beef in flour to coat; shake off excess.
- 2 Heat vegetable oil in wok; deep-fry beef, in batches, until browned lightly. Drain on paper towel. Discard oil.
- 3 Heat oiled wok; stir-fry chilli until fragrant. Return beef to wok; stir-fry until hot. Serve beef with noodles, sprinkle with coriander; accompany with lime wedges.

TIP Serve beef with steamed asian greens.

20 MINS SPICY STIR-FRIED SQUID SALAD

ON THE TABLE IN 20 MINUTES

- ⇒ 250g cleaned squid hoods
- ⇒ 250g coarsely shredded wombok
- ⇒ 1 tablespoon chilli and garlic paste
- ⇒ 2 tablespoons lime juice
- ⇒ ⅓ cup loosely packed fresh mint
- ⇒ ⅓ cup loosely packed fresh coriander leaves

- 1 Cut squid hoods down centre to open out; score inside in diagonal pattern then cut into 4cm pieces.
- 2 Heat oiled wok; stir-fry wombok until wilted, remove from wok.
- 3 Reheat oiled wok; stir-fry squid and paste until squid is tender. Remove from heat; stir in juice, season to taste.
- 4 Combine squid, wombok and herbs to serve.

Are you working or studying hard and feeling a little fatigued? When you're in need of a power boost, these deliciously super-charged snacks will help give you the energy you need to finish the job.

MIGHTY BITES

SOME POWER FOODS

avocado
cocoa
eggs
freekeh
garlic
goji berries
grains
kale
nuts
olive oil
pulses
quinoa
seeds
yoghurt

PHOTOGRAPHER JAMES MOFFATT • STYLIST OLIVIA BLACKMORE • PHOTOCHIEF SARAH-JANE HALLET

VEGAN

GLUTEN
FREE

DAIRY
FREE

NUT
FREE

SUGAR
FREE

CHAI-SPICED POPCORN

→
RECIPE ON PAGE

82

15
MINS

SUGAR
FREE

TOASTED NORI CHIPS

YOU WILL NEED
nori (seaweed) sheets

→
RECIPE ON PAGE

82



20
MINS

SUGAR
FREE

CHIA AND TOMATO
GUACAMOLE WITH
SUMAC CRISPS

YOU WILL NEED
ground sumac

→
RECIPE ON PAGE

82





CHAI-SPICED POPCORN

PREP + COOK TIME 10 MINUTES SERVES 4

- ⇒ ¼ cup (60ml) olive oil
- ⇒ 1 tablespoon powdered stevia or norbu (monk fruit sugar)
- ⇒ 2 teaspoons ground cinnamon
- ⇒ 1 teaspoon ground ginger
- ⇒ ½ teaspoon ground cardamom
- ⇒ ½ teaspoon ground allspice
- ⇒ ½ teaspoon sea salt flakes
- ⇒ 2 tablespoons olive oil, extra
- ⇒ ½ cup (120g) popping corn

- 1 Combine oil, stevia, spices and salt in a small bowl.
- 2 Heat the extra oil in a large saucepan over medium heat. Add the popping corn, cover pan; cook, shaking the pan occasionally, for 5 minutes, or until popping stops.
- 3 Place popcorn in a large bowl; drizzle with spice mixture, stir until well coated.

TIP If you have one, it's handy to use a saucepan with a glass lid so you can see if all the corn has popped. Popcorn can be made a day ahead; cool and store in an airtight container.



CHIA AND TOMATO GUACAMOLE WITH SUMAC CRISPS

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ cooking oil spray
- ⇒ 4 rye mountain breads (100g)
- ⇒ 1½ teaspoons ground sumac
- ⇒ 2 medium avocados (500g), chopped coarsely
- ⇒ ⅓ cup (80ml) lime juice
- ⇒ 1 small red onion (100g), chopped finely
- ⇒ ⅓ cup (60g) semi-dried tomatoes, chopped finely
- ⇒ ¼ cup fresh coriander, chopped coarsely
- ⇒ ½ teaspoon smoked paprika
- ⇒ 1½ tablespoons black or white chia seeds
- ⇒ 2 fresh long red chillies, sliced thinly

- 1 Preheat oven to 200°C/180°C fan. Line three oven trays with baking paper; spray with cooking oil.
- 2 Cut each sheet of mountain bread into 16 triangles. Place in a single layer on trays; spray with oil. Sprinkle with sumac; season with salt and pepper. Bake for 5 minutes or until golden and crisp.



- 3 Place avocado and juice in a medium bowl; mash lightly with a fork. Stir in red onion, tomato, coriander, paprika, 1 tablespoon of the chia seeds and three-quarters of the chilli. Season to taste with salt.
- 4 Place guacamole in a serving bowl; top with remaining chilli and remaining chia seeds. Serve with sumac crisps.

TIP Guacamole can be stored in the fridge, covered, for up to 2 days. Sumac crisps will keep in an airtight container at room temperature for up to 1 week.

TOASTED NORI CHIPS

PREP + COOK TIME 15 MINUTES MAKES 60

- ⇒ 2 teaspoons sesame seeds
- ⇒ 1 teaspoon sea salt, crumbled
- ⇒ 10 nori (seaweed) sheets
- ⇒ 2 tablespoons sesame oil

NANAMI TOGARASHI

- ⇒ 1 tablespoon finely grated orange rind
- ⇒ 2 teaspoons cracked black pepper
- ⇒ 1 tablespoon chilli flakes
- ⇒ 2 teaspoons black sesame seeds

COOK'S NOTES

SALTED DATE CARAMELS

Don't worry if the coating on the caramels has a slight whitish look to it, this is simply the coconut fat and won't affect the taste. Store and eat the caramels straight from the freezer. Place the caramels in small paper cases to serve.

- 1 Make nanami togarashi.
- 2 Crush sesame seeds using a mortar and pestle; combine with 2 teaspoons of the nanami togarashi and the salt. (Store remaining nanami togarashi for another use.)
- 3 Using scissors, cut each nori sheet into triangles or squares. Place on a large baking-paper-lined oven tray; lightly brush nori with sesame oil.
- 4 Heat a large non-stick frying pan over medium-high heat; toast nori, in batches, for 2 minutes each side or until crisp. Return to paper-lined tray; sprinkle immediately with nanami togarashi mixture.

NANAMI TOGARASHI Dry-fry rind in a small frying pan over medium heat for 5 minutes or until rind is dry and crispy. Place in a screw-top jar with remaining ingredients; shake well to combine.

TIP *Namami togarashi is a Japanese spice mix. The blend contains red peppers, sansho pepper, orange rind, black and white sesame seeds, seaweed and ginger. It is available from Asian food stores if you don't want to make your own.*



GINGER AND SESAME SEED LOGS

PREP + COOK TIME 15 MINUTES
(+ REFRIGERATION) MAKES 26

- ⇒ 1 cup (100g) walnuts
- ⇒ 1 cup (140g) macadamias
- ⇒ 1 cup (90g) rolled oats
- ⇒ 400g fresh medjool dates, pitted
- ⇒ 1½ teaspoons ground ginger
- ⇒ ½ teaspoon sea salt
- ⇒ ½ cup (75g) sesame seeds

- 1 Process nuts and oats in a food processor until finely chopped. Add dates, ginger and salt; process until mixture forms a paste.
- 2 Shape level tablespoons of mixture into 5cm long logs; place on a baking-paper-lined oven tray. Refrigerate for 15 minutes.
- 3 Meanwhile, stir sesame seeds in a frying pan over medium heat for 2 minutes or until lightly toasted. Cool.
- 4 Roll logs in sesame seeds; place on a tray. Refrigerate for 2 hours or until firm.

TIPS *Medjool dates are available from the fresh food section of major supermarkets. Store logs in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months*



SALTED DATE CARAMELS

PREP + COOK TIME 20 MINUTES (+ STANDING & FREEZING) MAKES 16

- ⇒ 2 cups (310g) fresh dates, pitted
- ⇒ ¾ cup (150g) virgin coconut oil
- ⇒ ¼ cup (25g) cacao powder
- ⇒ 1 teaspoon vanilla extract
- ⇒ 2 tablespoons virgin coconut oil, extra, at room temperature
- ⇒ ½ teaspoon sea salt flakes
- ⇒ ¼ cup (50g) coconut flour
- ⇒ sea salt flakes, extra, for sprinkling

- 1 Place dates in a medium bowl, cover with boiling water; stand for 10 minutes to soften. Drain dates; discard water.
- 2 Meanwhile, melt coconut oil in a small saucepan; combine oil and sifted cacao in a small bowl. Stand until thickened slightly.
- 3 Process dates with extract, extra coconut oil and salt until smooth. Transfer mixture to a small bowl. Cover; freeze for 30 minutes or until firm.
- 4 Line an oven tray with baking paper. Place coconut flour in a small bowl. Using damp hands, roll tablespoonfuls of date mixture into balls. Roll balls in coconut flour. Using a spoon, dip balls into cacao coating; place on tray. Sprinkle with extra salt. Freeze for 10 minutes or until set.



Taste of Tokyo

A TASTE OF

PHOTOGRAPHER IAN WALLACE
STYLIST LOUISE PICKFORD
PHOTOCHEF SARAH WILMOT

Japanese cuisine is vast and varied. From subtle, delicate flavours to those that are spicy and robust, it's the perfect choice for a dinner party because there are many quick-to-prepare dishes to tempt just about every palate. The classic dishes we have selected showcase the tantalising world of Japanese food.

30
MINS

GYOZAS (POT STICKERS)

YOU WILL NEED
a large frying pan

→
RECIPE ON PAGE

94





SUSHI RICE



RECIPE OPPOSITE



SUSHI RICE

PREP + COOK TIME 25 MINUTES (+ STANDING)
MAKES 9 CUPS

- ⇒ 3 cups (600g) japanese rice (koshihikari)
- ⇒ 3 cups (750ml) water

SUSHI VINEGAR

- ⇒ ½ cup (125ml) rice vinegar
- ⇒ ¼ cup (55g) sugar
- ⇒ ½ teaspoon salt

1 Place rice in large bowl, cover with cold water, stir with hand. Drain; repeat process two or three times until water is almost clear. Drain rice in strainer at least 30 minutes.

2 Meanwhile, make sushi vinegar.

3 Place rice and the water in medium saucepan, cover tightly; bring to the boil. Reduce heat; simmer, covered tightly, on low heat about 12 minutes or until water is absorbed. Remove from heat; allow rice to stand, covered, 10 minutes.

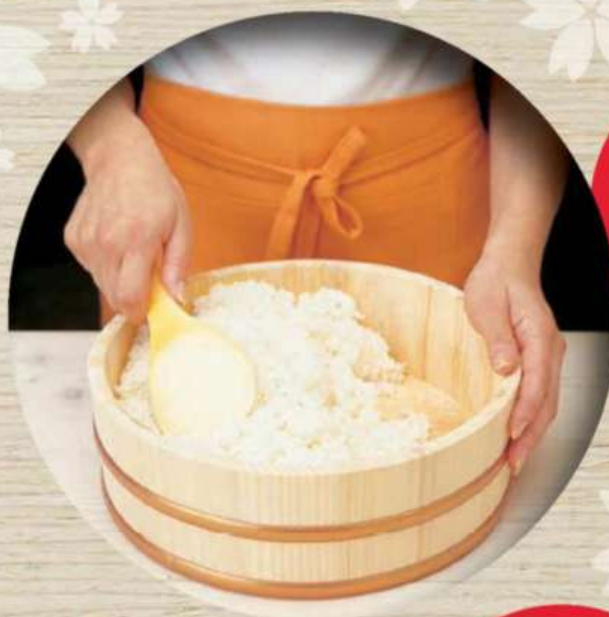
4 Spread rice in large, non-metallic flat-based bowl or tub (preferably wood). Using large flat wooden spoon or plastic spatula, repeatedly slice through rice at sharp angle to break up lumps and separate grains, gradually pouring in sushi vinegar. Not all of the vinegar may be required; rice shouldn't become too wet or mushy. Continue to slice through the rice (don't stir because it crushes the rice grains) with one hand, lifting and turning rice from outside into centre.

5 Meanwhile, using other hand, fan rice until it is almost cool; this will take about 5 minutes (an electric fan, on the low setting, can be used instead of a hand-held fan if you prefer). Do not over-cool rice or it will harden. Performing these two actions together will give you glossy, slightly sticky but still separate sushi rice. Keep rice covered with damp cloth to stop it drying out while making sushi.

SUSHI VINEGAR Stir ingredients in small bowl until sugar dissolves. (For a slightly less stringent mixture, heat it gently just before using.)

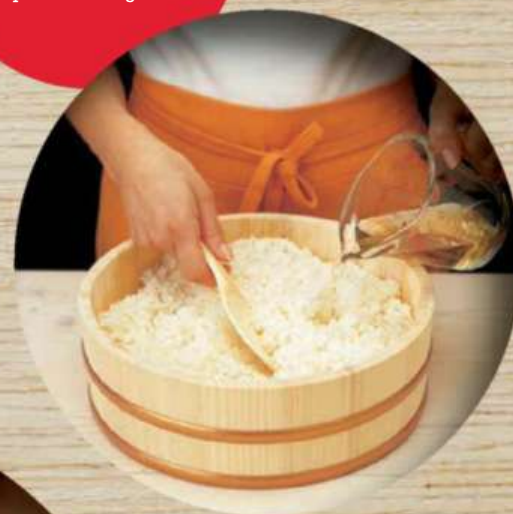
1

Spread rice on a flat-bottomed bowl with a flat wooden spoon or spatula



2

Slice through rice to break up lumps and pour in vinegar.



3

Fan the rice to cool, either by hand or with an electric fan.



SUSHI HAND ROLLS

PREP TIME 30 MINUTES MAKES 16

- ⇒ 1 lebanese cucumber (130g)
- ⇒ 3 cups prepared sushi rice (see recipe page 87)
- ⇒ 4 sheets toasted seaweed (yaki-nori)
- ⇒ 1 large avocado (320g)
- ⇒ 1 tablespoon lemon juice
- ⇒ 2 tablespoons mayonnaise
- ⇒ 1 teaspoon wasabi paste
- ⇒ 4 japanese seafood sticks, quartered lengthways
- ⇒ 1 teaspoon black sesame seeds, toasted
- ⇒ ½ cup (125ml) japanese soy sauce
- ⇒ 2 tablespoons (46g) drained pink pickled ginger

1

Dip fingers in vinegared water with seaweed across palm



2

Use finger to swipe wasabi mayonnaise along groove in rice

- 1 Halve cucumber lengthways; discard seeds with teaspoon. Cut into 16 strips.
- 2 Place rice in non-metallic bowl; cover with damp cloth. Cut each sheet of seaweed into quarters; cover with plastic wrap until ready to serve. Slice avocado thinly, brush with lemon juice to stop it discolouring; cover. Combine mayonnaise and wasabi in small bowl; cover.
- 3 Place a piece of seaweed, shiny-side down, diagonally across palm of one hand. Dip fingers of other hand in bowl of vinegared water (see tip), shake off excess water; pick up about 2 tablespoons of the rice, place in centre of seaweed, then “rake” rice towards top corner of seaweed, making a slight groove down the middle of the rice for the filling.

- 4 Using finger, swipe a dab of wasabi mayonnaise along the groove, topping it with a slice each of avocado, seafood stick and cucumber, then a small sprinkle of seeds. Fold one side of seaweed over to stick to rice; fold other side of seaweed over the first to form a cone. (Tip of cone can be folded back to hold cone shape securely.)
- 5 Repeat process with remaining seaweed pieces, rice, mayonnaise, avocado, seafood stick, cucumber and seeds to make 16 rolls in total.
- 6 Dip rolls in sauce; top with a slice of pickled ginger and eat immediately.

TIP For rice vinegared water, add 1 tablespoon rice vinegar to medium bowl of cold water.



3

Fold sides of seaweed over the filling to form a cone



BASE
RECIPE

SUSHI HAND ROLLS

←
RECIPE OPPOSITE

CLASSIC
DISH

TUNA SASHIMI

→
RECIPE OPPOSITE



SASHIMI

Sashimi is usually eaten at the beginning of a meal, presumably before the tastebuds have been dulled by other flavours. Outside of Japan, the fish to use for sashimi should be those that are in season and labelled 'sashimi quality', as a guarantee of correct health and handling standards. This fish should have a firm texture, a pleasant sea-smell (but not 'fishy'), bright red gills and, ideally, bright, clear eyes, although the eyes of a perfectly fresh fish can turn cloudy due to contact with ice.



COOK'S NOTES

TUNA SASHIMI

Use a mandoline (if you have one) to shred the daikon.

A WORD ABOUT DIPPING SAUCES

Dipping sauces and garnishes are not purely decorative, but enhance the flavour of fish. Daikon aids digestion and cuts the oiliness of the fish, while pickled ginger cleanses the palate between bites of different fish. It is best to place a tiny amount of wasabi directly on each piece of fish and then dip it into the sauce. Mixing wasabi into the dipping sauce only diminishes both flavours.

Either buy whole fish and fillet it yourself, or select fillets or blocks (of tuna) which can then be sliced for you by the fishmonger, if preferred. Fish slices discolour quickly once cut, so it is preferable to slice it as close to serving time as possible. Incidentally, meat from the same tuna can be three different shades of red or pink, depending on which part of the fish it is from.

TUNA SASHIMI

PREP TIME 10 MINUTES (+ STANDING) SERVES 4

- ⇒ 200g daikon, shredded finely
- ⇒ 400g piece sashimi tuna
- ⇒ 2 teaspoons wasabi paste
- ⇒ 2 tablespoons (35g) drained pink pickled ginger
- ⇒ ½ cup (80ml) japanese soy sauce

- 1 Place daikon in a medium bowl; cover with iced water. Stand for 15 minutes; drain.
- 2 Place tuna on a chopping board. Using a very sharp knife, cut 6mm slices at right angle to the grain of the fish, holding piece of skinned fish with your fingers and slicing with knife almost vertical to the board.
- 3 Divide tuna and daikon among serving plates; serve with wasabi, ginger and sauce.

30
MINS

SUKIYAKI

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 200g firm tofu
- ⇒ 400g fresh gelatinous noodles, drained
- ⇒ 8 fresh shiitake mushrooms
- ⇒ 600g beef rump steak
- ⇒ 4 green onions, chopped finely
- ⇒ 300g spinach, trimmed, chopped coarsely
- ⇒ 125g can bamboo shoots, drained, sliced thinly
- ⇒ 4 eggs

BROTH

- ⇒ 1 cup (250ml) japanese soy sauce
- ⇒ ½ cup (125ml) sake
- ⇒ ½ cup (125ml) mirin
- ⇒ ½ cup (125ml) water
- ⇒ ½ cup (110g) caster sugar

- 1 Press tofu between two chopping boards with a weight on top, raise one end; stand for 25 minutes. Cut tofu into 2cm cubes.
- 2 Meanwhile, make broth.
- 3 Rinse noodles under hot water; drain. Cut into 15cm lengths.
- 4 Discard mushroom stems; cut a cross in top of caps.
- 5 Trim beef of all fat; slice thinly. Retain a small piece of beef fat for greasing sukiyaki pan. Arrange ingredients on platters or in bowls. Place broth in medium bowl. Break eggs into individual bowls; beat lightly.
- 6 Heat greased sukiyaki pan on a portable gas cooker at the table (or use an electric frypan); add one-quarter of the beef, stir-fry until partly cooked. Add a quarter each of the vegetables, tofu, noodles and broth. Dip cooked ingredients in egg before eating (see **Cook's Notes**).
- 7 As ingredients are eaten, add remaining ingredients and broth to pan, in batches.

BROTH Stir ingredients in saucepan over medium heat until sugar dissolves.

COOK'S NOTES *Sukiyaki is shared at the table from the pan in which it was cooked. Diners use chopsticks to dip the hot ingredients into their individual bowls of egg. **Important:** pregnant women, the elderly, and those with immune deficiencies should not eat raw egg.*



SALMON TERIYAKI (RECIPE PAGE 94)



GYOZAS (RECIPE PAGE 94)

CHILLED SOBA NOODLES WITH DIPPING SAUCE (RECIPE PAGE 94)



DEEP-FRIED TOFU IN BROTH (RECIPE PAGE 95)





GYOZAS (POT STICKERS)

PREP + COOK TIME 30 MINUTES
(+ REFRIGERATION) MAKES 50

- ⇒ 325g cabbage, chopped finely
- ⇒ 300g pork mince
- ⇒ 4 green onions, chopped finely
- ⇒ 1 egg, beaten lightly
- ⇒ 2 tablespoons japanese soy sauce
- ⇒ 1 tablespoon sake
- ⇒ 2 teaspoons sesame oil
- ⇒ 1 teaspoon sugar
- ⇒ ¼ teaspoon white pepper
- ⇒ 50 gyoza wrappers (see Cook's Notes, p95)
- ⇒ 1 tablespoon vegetable oil

- 1 Combine cabbage, pork, onion, egg, sauce, sake, sesame oil, sugar and pepper in a medium bowl. Cover; refrigerate for 1 hour.
- 2 Place 1 heaped teaspoon of pork mixture in centre of one wrapper; wet edge around one half of wrapper. Pleat to seal. Repeat with remaining pork mixture and wrappers.
- 3 Cover base of a large frying pan with water; bring to the boil then add gyoza, in batches. Reduce heat; simmer, covered, for 3 minutes.
- 4 Heat vegetable oil in same cleaned pan; cook gyoza, one side only, uncovered, in batches, until browned and slightly crisp. Drain on paper towel.



SALMON TERIYAKI

PREP + COOK TIME 20 MINUTES (+ STANDING)
SERVES 4

- ⇒ 120g daikon, shredded finely
- ⇒ 4 salmon fillets (700g), skinned

TERIYAKI MARINADE

- ⇒ ⅔ cup (160ml) japanese soy sauce
- ⇒ ⅔ cup (160ml) mirin
- ⇒ 2 tablespoons sake
- ⇒ 1 tablespoon sugar

- 1 Place the daikon in a small bowl, cover with iced water, stand for 15 minutes; drain.
- 2 Meanwhile, make teriyaki marinade.
- 3 Combine salmon and marinade in a medium bowl; stand for 10 minutes, turning occasionally.
- 4 Drain salmon over a medium bowl; reserve marinade. Cook salmon on a heated oiled grill plate (or grill or barbecue), brushing occasionally with marinade, until cooked as you like.
- 5 Bring reserved marinade to the boil in a small saucepan. Reduce heat; simmer for 5 minutes or until sauce thickens slightly.
- 6 Serve salmon with daikon; drizzle with sauce.

TERIYAKI MARINADE Stir ingredients in medium bowl until sugar dissolves.



CHILLED SOBA WITH DIPPING SAUCE

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ 2 green onions, chopped finely
- ⇒ 1 teaspoon wasabi paste
- ⇒ 250g dried soba noodles
- ⇒ ½ sheet toasted seaweed (yaki-nori), sliced thinly

DIPPING SAUCE

- ⇒ ¾ cup (180ml) primary dashi (see Cook's Notes, p95)
- ⇒ 2 tablespoons japanese soy sauce
- ⇒ 2 tablespoons mirin
- ⇒ ½ teaspoon sugar

- 1 Make dipping sauce. Divide dipping sauce, onion and wasabi among individual side dishes.
- 2 Cook noodles in a large saucepan of boiling water until tender; drain. Rinse under cold water; drain.
- 3 Just before serving, place noodles in a strainer; immerse in iced water to chill. Drain; divide among serving dishes; top with seaweed.
- 4 Add onion and wasabi to dipping sauce according to taste; dip noodles in sauce before eating.

DIPPING SAUCE Stir ingredients in a small saucepan over medium heat until sugar dissolves; cool.



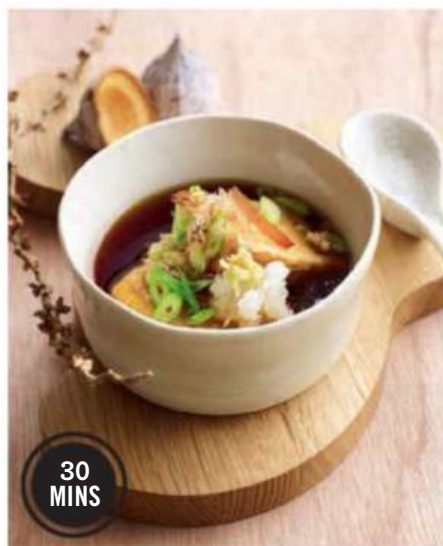
COOK'S NOTES

GYOZAS (POT STICKERS)

If you can't find gyoza wrappers, you can use gow gee wrappers instead. You can vary the filling of these dumplings by adding chopped prawns, cheese, capsicum or scrambled egg. Serve gyozas with soy sauce mixed with chilli oil, or with rice vinegar.

PRIMARY DASHI

Made from kelp and dried bonito (a type of fish), primary dashi is a light stock used for clear soups and some dipping sauces. Instant primary dashi granules are available from supermarkets and Asian food stores, but you can make your own, if you prefer. To make 1 litre (4 cups), wipe a 10cm piece kelp (konbu) with a damp cloth; cut into three large pieces. Place in a large saucepan with 1 litre (4 cups) water; cook, uncovered, for 10 minutes or until just about to come to the boil. Remove kelp before mixture comes to the boil. Bring the water to the boil; add an extra ¼ cup (60ml) water and 15g large smoked dried bonito flakes. Bring to the boil; remove from heat immediately. Allow bonito flakes to settle on base of saucepan; strain through muslin-lined sieve into large bowl. Refrigerate leftover primary dashi for up to 3 days or freeze for up to 1 month (but some of its delicate flavour and aroma will be lost). Freeze in measured amounts, such as 1 cup, or in ice-cube trays.



30
MINS

DEEP-FRIED TOFU IN BROTH

PREP + COOK TIME 30 MINUTES (+ STANDING)
SERVES 4

- ⇒ 300g firm tofu
- ⇒ 2 tablespoons cornflour
- ⇒ vegetable oil, for deep-frying
- ⇒ ¾ cup (180ml) primary dashi (see Cook's Notes, left)
- ⇒ 2 tablespoons japanese soy sauce
- ⇒ 2 tablespoons mirin
- ⇒ 40g daikon, grated finely
- ⇒ 4cm piece fresh ginger (20g), grated
- ⇒ 1 green onion, chopped finely
- ⇒ 2 teaspoons smoked dried bonito flakes

- 1 Press tofu between two chopping boards with weight on top, raise one end; stand for 25 minutes.
- 2 Cut tofu into eight pieces; pat dry between layers of paper towel. Toss tofu in cornflour; shake away excess. Heat oil in a medium saucepan; deep-fry tofu, in batches, until golden. Drain on paper towel.
- 3 Bring dashi, sauce and mirin to the boil in a small saucepan.
- 4 Divide tofu among bowls; top with daikon, ginger and green onion. Pour over dashi mixture; sprinkle with bonito flakes.



20
MINS

SWEET SOY BEEF ON RICE

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ 200g gelatinous noodles, drained
- ⇒ ½ cup (125ml) japanese soy sauce
- ⇒ 1 tablespoon sugar
- ⇒ ¼ cup (60ml) mirin
- ⇒ 300g beef eye fillet, sliced paper thin
- ⇒ 2 green onions, cut into chunks
- ⇒ 2 teaspoons fresh ginger juice (see Cook's Notes, p96)
- ⇒ 5 cups (920g) hot cooked japanese rice (koshihikari)

- 1 Cook noodles in a medium saucepan of boiling water until tender; drain. Cut into 10cm lengths.
- 2 Bring sauce, sugar and mirin to the boil in a medium saucepan. Add beef; cook, stirring, until beef just changes colour. Strain beef over a medium heatproof bowl; return sauce to same saucepan.
- 3 Add onion and noodles to pan; simmer for 3 minutes or until onion softens. Return beef to pan with juice; heat through.
- 4 Divide rice among serving bowls; top with beef, noodles and ¼ cup of the sauce.

20
MINS

SWEET SOY BEEF
ON RICE

←
RECIPE ON PAGE

95



COOK'S
NOTES

SWEET SOY BEEF
ON RICE

Freeze beef for about an hour – this will make it easier to slice. You need to cook 2 cups (400g) Japanese rice for this recipe. You can substitute rice or cellophane noodles (harusame) for the gelatinous noodles (shirataki). To obtain ginger juice, squeeze grated fresh ginger into a sieve set over a bowl. A piece of ginger measuring about 10cm in length will yield 2 tablespoons of grated ginger; this amount of grated ginger should in turn yield the 2 teaspoons of juice used in this recipe.

20
MINS

DAIRY
FREE

**OKONOMIYAKI
(SAVOURY PANCAKE)**

YOU WILL NEED
red pickled ginger



RECIPE ON PAGE

99

25
MINS

CLEVER
COOKING

**GREEN TEA ICE-CREAM
WITH FRESH FRUIT**

YOU WILL NEED
green tea powder



RECIPE OPPOSITE



OKONOMIYAKI (SAVOURY PANCAKE)

PREP + COOK TIME 20 MINUTES (+ STANDING)
SERVES 4

- ⇒ 2 cups (300g) plain flour
- ⇒ 1½ teaspoons baking powder
- ⇒ 1½ cups (375ml) primary dashi
(see Cook's Notes, p95)
- ⇒ 1 egg, beaten lightly
- ⇒ 2 large cabbage leaves
- ⇒ 125g pork mince
- ⇒ 2 tablespoons vegetable oil
- ⇒ ½ cup (125ml) japanese
 Worcestershire sauce
- ⇒ 2 tablespoons (46g) drained
 red pickled ginger
- ⇒ 1 tablespoon shredded seaweed
 (ao-nori)
- ⇒ ¼ cup (3g) smoked dried
 bonito flakes

- 1 Sift flour and baking powder into a medium bowl. Gradually stir in combined dashi and egg, mixing quickly until smooth; do not overmix. Cover; stand for 30 minutes.
- 2 Discard thick ribs from cabbage leaves; slice leaves thinly. Add cabbage and pork to batter, season with pepper; mix gently.
- 3 Heat a quarter of the oil in a medium frying pan over low heat. Add a quarter of the batter, flatten with spatula. When bubbles begin to appear, turn over and brush cooked side with sauce. Turn pancake over again and brush other side with sauce. Quickly repeat once more, so sauce caramelises. Remove from pan, cover; keep warm. Repeat with remaining oil and batter to make four pancakes in total.
- 4 Serve pancakes sprinkled with pickled ginger, seaweed and bonito flakes.

GREEN TEA ICE-CREAM WITH FRESH FRUIT

PREP + COOK TIME 25 MINUTES
(+ REFRIGERATION & FREEZING) SERVES 4

- ⇒ 2 tablespoons green tea powder
- ⇒ 2 tablespoons boiling water
- ⇒ 1 tablespoon caster sugar
- ⇒ 1 vanilla bean
- ⇒ 1 cup (250ml) milk
- ⇒ 2 egg yolks
- ⇒ ¼ cup (55g) caster sugar, extra
- ⇒ 300ml thickened cream, whipped
- ⇒ 10 fresh lychees (250g),
 chopped finely
- ⇒ 2 medium kiwifruits (170g),
 chopped finely
- ⇒ ½ small papaya (325g),
 chopped finely
- ⇒ 1 tablespoon finely chopped
 fresh mint

- 1 Combine tea, the water and sugar in small bowl; stand 10 minutes.
- 2 Split vanilla bean lengthways; scrape out seeds. Combine pod, seeds and milk in small saucepan; bring to a boil. Stir in tea mixture; stand 5 minutes.
- 3 Meanwhile, whisk egg yolks and extra sugar in small bowl until creamy; gradually whisk into hot milk mixture. Stir over low heat, without boiling, until mixture thickens slightly.
- 4 Strain mixture into medium heatproof bowl; discard pod. Cover surface of custard with plastic wrap; cool. Refrigerate 1 hour or until cold.
- 5 Fold whipped cream into cold custard. Pour mixture into ice-cream maker; churn according to manufacturer's instructions (or place custard in shallow container, cover with foil; freeze until almost firm). Place ice-cream in large bowl, chop coarsely then beat with electric mixer until smooth. Cover; freeze until firm. Repeat process twice more.
- 6 Combine fruit and mint in small bowl. Serve ice-cream with the fruit.



OKONOMIYAKI (SAVOURY PANCAKE)



COOK'S NOTES

OKONOMIYAKI (SAVOURY PANCAKE)

Japanese Worcestershire sauce comes in different strengths; most are milder than western Worcestershire so adjust the amount added according to taste. Tonkatsu sauce makes a good substitute. Okonomi means 'your choice' since these pancakes are usually prepared to order with a choice of fillings so each diner can suit his or her taste. It's important not to leave the batter standing too long or it will become sticky. Ao-nori is made from laver seaweed which grows on rocks in bays and at the mouths of rivers. It is sold dried in flakes for sprinkling as a garnish. Beni-shoga is finely sliced or shredded pickled ginger which is deep red in colour. Bonito is an oily fish which, when dried and flaked, is widely used in the Japanese kitchen.



UP TO *SPEED!*



We've raised the bar in our special Express issue. Each of these delicious Food in a Flash recipes takes just 30 minutes, or less. Even better – they're short on cost but big on flavour!

PHOTOGRAPHER BEN DEARNLEY + STYLIST VIVIEN WALSH + PHOTOCHEF CHARLOTTE BINNS-MCDONALD





30
MINS

CLEVER
COOKING

FETTA AND OLIVE GREEK
MEATLOAVES

YOU WILL NEED
a 6-hole Texas
muffin pan



RECIPE ON PAGE

104



PAPRIKA AND LIME
PORK ENCHILADAS

→
RECIPE ON PAGE

104



30
MINS

SAUSAGES AND
CAPSICUM WITH SOFT
POLENTA

YOU WILL NEED
dry white wine



RECIPE ON PAGE

105





FETTA AND OLIVE GREEK MEATLOAVES



PAPRIKA AND LIME PORK ENCHILADAS



SAUSAGES AND CAPSICUM WITH SOFT POLENTA

FETTA AND OLIVE GREEK MEATLOAVES

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 500g minced lamb
- ⇒ 1 small red onion (100g), chopped finely
- ⇒ 2 tablespoons finely chopped fresh oregano leaves
- ⇒ 1 tablespoon finely grated lemon rind
- ⇒ 2 cloves garlic, crushed
- ⇒ ½ cup (50g) dried breadcrumbs
- ⇒ 1 egg
- ⇒ 1 medium tomato (150g)
- ⇒ 80g greek fetta, crumbled
- ⇒ ¼ cup (40g) pitted kalamata olives, halved
- ⇒ 2 teaspoons olive oil
- ⇒ 4 cups mesclun salad leaves
- ⇒ 1 tablespoon bottled salad dressing

- 1 Preheat oven to 220°C/200° fan. Lightly grease 4 holes of a 6-hole (¾-cup/180ml) texas muffin pan.
- 2 Combine mince, onion, oregano, lemon, garlic, breadcrumbs and egg in a large bowl; season. Press half the mixture into the greased pan holes.
- 3 Cut the tomato into 12 slices. Choose six large tomato slices; place on top of the mince with half the fetta and olives. Top with remaining mince; press mixture down. Top meatloaves with remaining slices of tomato, fetta and olives. Drizzle with the oil.
- 4 Transfer meatloaves to oven; bake, at the same time, for 20 minutes, or until meatloaves are cooked through. Remove meatloaves from oven.
- 5 Run a small knife around the edge of each meatloaf; transfer to plates. Drizzle salad leaves with dressing; serve with meatloaves.

per serve 32.1g fat (12.1g saturated fat); 1998kJ (478 cal); 11.9 carbohydrate; 35.2g protein; 2.5g fibre

PAPRIKA AND LIME PORK ENCHILADAS

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 1 tablespoon olive oil
- ⇒ 500g minced pork
- ⇒ 1 medium red onion (170g), chopped finely
- ⇒ 4 cloves garlic, crushed
- ⇒ 1 fresh long green chilli, chopped
- ⇒ 1 tablespoon smoked paprika
- ⇒ 2 x 400g canned diced tomatoes
- ⇒ 1 tablespoon lime juice
- ⇒ 8 x 20cm flour tortillas
- ⇒ 2 cups (240g) coarsely grated cheddar
- ⇒ ½ cup fresh coriander leaves
- ⇒ 4 lime wedges

- 1 Preheat oven to 220°C/200° fan.
- 2 Heat oil in a large frying pan over high heat. Cook pork, onion, garlic, chilli and paprika, stirring, for 5 minutes or until browned. Add 1 can of tomatoes; cook for 1 minute. Add lime juice; season to taste.
- 3 Spread tortillas flat on a work surface. Spoon mince mixture equally onto the centre of each tortilla, sprinkle 1 cup cheddar equally over mince mixture; fold tortillas to enclose filling. Place, join-side down, in a single layer, in a 20cm x 30cm shallow ovenproof dish. Spoon over remaining can of tomatoes, leaving the ends of the tortilla exposed, sprinkle with remaining cheddar.
- 4 Bake for 15 minutes or until golden. Sprinkle enchiladas with coriander; serve with lime wedges.

per serve 40g fat (19.5g saturated fat); 2822kJ (675 cal); 28.5g carbohydrate; 47.5g protein; 5.5g fibre



COOK'S NOTES

FETTA AND OLIVE GREEK MEATLOAVES

You can serve meatloaves with roast potatoes, chips or mash, if you like. You can assemble the meatloaves ahead of time and refrigerate until ready to cook.

PAPRIKA AND LIME PORK ENCHILADAS

Serve with a simple green or cabbage salad.

PORTUGUESE PIRI PIRI CHICKEN

Ask the butcher to butterfly the chicken for you. Or, to do it yourself, use a large heavy, flat-bladed knife or kitchen scissors to cut along each side of the backbone; discard bone. Open chicken out and press down on the breast bone to flatten. You can use other cuts of chicken on the bone, such as wings, cutlets and marylands.

SAUSAGES AND CAPSICUM WITH SOFT POLENTA

We used a riesling-style dry wine in this recipe. Use one red and one yellow capsicum, if you like. This dish would also be nice with beef or chicken sausages. Serve with potato mash instead of polenta.

SAUSAGES AND CAPSICUM WITH SOFT POLENTA

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 2 tablespoons olive oil
- ⇒ 6 x 85g pork and fennel sausages
- ⇒ 2 large red capsicums (700g), sliced thickly
- ⇒ 2 large onions (400g), sliced thinly
- ⇒ 2 tablespoons fresh rosemary leaves
- ⇒ 3 cloves garlic, sliced
- ⇒ 1 cup (250ml) dry white wine
- ⇒ 1 cup (250ml) chicken stock
- ⇒ 250g green beans, trimmed
- ⇒ 1.25 litres (5 cups) chicken stock, extra
- ⇒ 1 cup (170g) polenta
- ⇒ 1 cup (80g) finely grated parmesan
- ⇒ 30g butter, chopped
- ⇒ 2 tablespoons finely grated parmesan, extra

- 1 Heat oil in a large, heavy-based frying pan over high heat. Squeeze sausage meat directly from casings, in meatball-sized lumps, into the pan. Cook, turning, for 4 minutes or until browned. Remove from pan.
- 2 Reduce heat to medium. Cook capsicum, onion, rosemary and garlic for 5 minutes. Add meatballs and wine, cook for 1 minute. Add stock and beans to pan; cook, covered, for 10 minutes or until meatballs are cooked through.
- 3 Meanwhile, place extra stock in a medium saucepan; bring to the boil. Gradually add polenta. Reduce heat to low; cook, stirring, for 5 minutes or until thickened. Remove from heat, stir in parmesan and butter; season.
- 4 Serve meatballs with polenta and beans. Sprinkle with extra parmesan.

per serve 33g fat (13.4g saturated fat); 2872kJ (687 cal); 47.6g carbohydrate; 40.1g protein; 7.9g fibre



PORTUGUESE PIRI PIRI CHICKEN

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 270g bottle piri piri marinade
- ⇒ 1.4kg butterflied chicken
- ⇒ ½ cup (80ml) vegetable oil

- 1 Preheat oven to 200°C/180°C fan.
- 2 Rub ½ cup piri piri marinade over both sides of chicken. Heat oil in a large flameproof roasting pan over medium-high heat. Cook chicken, skin-side down, for 5 minutes. Turn chicken over. Transfer pan to oven; roast chicken for 15 minutes or until juices run clear when the thickest part of a thigh is pierced.
- 3 Place chicken on a platter. Serve with remaining piri piri marinade, and roasted potatoes and green salad, if you like.

per serve 41.5g fat (9.2g saturated fat); 2300kJ (550 cal); 4.8g carbohydrate; 40.2g protein; 0g fibre

FAST
ROAST

PORTUGUESE PIRI PIRI
CHICKEN

←
RECIPE ON PAGE

105

30
MINS



WATCH
OUR VIDEO

If you've ever wondered how Portuguese cooks butterfly chicken so well, watch our video to find out how it's done.



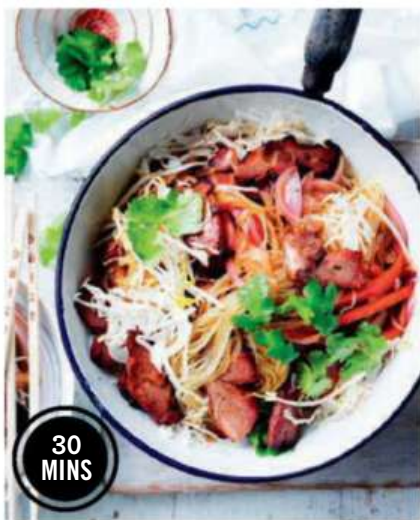
**PORK AND BEAN
SPROUT SINGAPORE
NOODLES**

YOU WILL NEED
chinese cooking wine

→
RECIPE ON PAGE

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PORK AND BEAN SPROUT SINGAPORE NOODLES

PORK AND BEAN SPROUT SINGAPORE NOODLES

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 300g dried rice vermicelli noodles
- ⇒ 2 tablespoons mild curry powder
- ⇒ 1 tablespoon dark soy sauce
- ⇒ 2 tablespoons chinese cooking wine (shaoxing)
- ⇒ 2 teaspoons white (granulated) sugar
- ⇒ ½ cup (125ml) water
- ⇒ ¼ cup (60ml) vegetable oil
- ⇒ 1 medium red onion (170g), halved, sliced thinly
- ⇒ 1 medium red capsicum (200g), seeded, sliced thickly
- ⇒ 3 cups (240g) shredded green cabbage
- ⇒ 2½ cups (200g) bean sprouts
- ⇒ 300g chinese barbecued pork, sliced thinly
- ⇒ 1 cup loosely packed fresh coriander leaves
- ⇒ ½ cup (40g) bean sprouts, extra

- 1 Soak noodles in a large bowl of cold water for 8 minutes or until softened. Drain.
- 2 Meanwhile, stir curry powder, sauce, cooking wine, sugar and the water in a small bowl until sugar dissolves.
- 3 Heat 1 tablespoon of the oil in a wok over medium-high heat. Add onion; stir-fry for 1 minute. Add capsicum; stir-fry for a further minute. Add cabbage; stir-fry for 2 minutes or until softened slightly. Remove vegetables from wok.
- 4 Heat remaining oil in wok over medium heat. Add curry powder mixture; stir-fry for 5 minutes. Add noodles; toss well to coat in spice mixture. Add remaining ingredients except coriander; stir-fry for 1 minute or until heated through and well combined.
- 5 Divide noodle mixture among bowls; served topped with coriander and extra bean sprouts.

per serve 25.1g fat (6.1g saturated fat); 2621kJ (627 cal); 72g carbohydrate; 20.2g protein; 7.5g fibre

SICHUAN MA PO TOFU

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 2 teaspoons sichuan peppercorns, toasted, lightly crushed
- ⇒ 1 tablespoon cornflour
- ⇒ ¼ cup (60ml) chinese cooking wine (shaoxing)
- ⇒ 1 cup (250ml) chicken stock
- ⇒ 2 teaspoons light soy sauce
- ⇒ 3 teaspoons white sugar
- ⇒ ½ cup (125ml) water
- ⇒ 1 tablespoon sesame oil
- ⇒ 4 cloves garlic, crushed
- ⇒ 300g minced pork
- ⇒ 2 tablespoons chilli bean paste
- ⇒ 300g fresh silken tofu, drained, cut into 2cm cubes
- ⇒ ¼ cup (35g) roasted peanuts, coarsely chopped
- ⇒ 2 green onions, sliced thinly

- 1 Stir peppercorns in a wok over medium heat for 1 minute or until fragrant. Crush peppercorns lightly with a mortar and pestle.
- 2 Whisk cornflour, cooking wine, stock, sauce, sugar and the water in a medium jug until combined.
- 3 Heat sesame oil in a wok over high heat; add garlic and pork; stir-fry for 8 minutes or until pork is browned. Stir in bean paste and half the peppercorns; stir-fry mixture for a further minute.
- 4 Stir cornflour mixture into pork mixture in wok; cook until mixture boils and thickens slightly. Reduce heat to medium; cook for 5 minutes. Carefully add tofu and stir gently to combine. Cook for a further 2 minutes or until heated through.
- 5 Divide ma po tofu among bowls; top with peanuts, onion and remaining crushed peppercorns. Serve with steamed rice, if you like.

per serve 17.6g fat (4.2g saturated fat); 1233 kJ (295 cal); 9.4g carbohydrate; 24.3g protein; 2.1g fibre



COOK'S NOTES

PORK AND BEAN SPROUT SINGAPORE NOODLES

You could use barbecued chicken or cooked shelled prawns in place of the pork.

SICHUAN MA PO TOFU

Chilli bean paste and sichuan peppercorns are available from Asian food stores. To make a vegetarian version of the recipe, omit the pork and double the tofu. Silken tofu has a delicate texture like custard, and breaks up easily. If you prefer, substitute it with soft or medium tofu.

25
MINS

CHINESE
DISH

SICHUAN MA PO TOFU

YOU WILL NEED
sichuan peppercorns



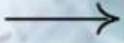
RECIPE OPPOSITE



EASY

CRUMBED CHICKEN
WITH SPICY
MAYONNAISE

YOU WILL NEED
japanese panko
breadcrumbs



RECIPE ON PAGE

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WATCH
OUR VIDEO

Evenly coated meat,
fish or poultry is the
basis for delicious
crunchy crumbs.
Follow our simple
steps for perfect
crumbed coatings.

25
MINS

Food in a Flash

25
MINS

EASY

RIGATONI WITH
ARRABBIATA AND
CHORIZO SAUCE

→
RECIPE ON PAGE

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COOK'S NOTES

STEAK AND SPUDS WITH SALSA VERDE

To prepare the watercress, pick off the smaller sprigs and discard the larger thicker stems, which are more peppery. Salsa verde can be prepared a day ahead; refrigerate in an airtight container.

Salsa verde is a versatile sauce. It goes well with all meats (steamed and grilled), plus it can be tossed through pasta and used in sandwich fillings.

Cornichon, French for gherkin, is a very small variety of cucumber. They are available, bottled in a pickled brine, in supermarkets.

CRUMBED CHICKEN WITH SPICY MAYONNAISE

The spicy mayonnaise can be made in the morning for dinner, while the chicken can be prepared up to the end of step 2; refrigerate, separately, covered.

RIGATONI WITH ARRABBIATA AND CHORIZO SAUCE

It is not necessary to add oil to the frying pan when cooking the chorizo as sufficient fat will be released from the sausages during cooking.



GLUTEN
FREE

30
MINS

STEAK AND SPUDS WITH SALSA VERDE

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 1½ tablespoons olive oil
- ⇒ 500g small kipfler potatoes, halved lengthways
- ⇒ 8 x 100g beef fillet medallions
- ⇒ 1 bunch watercress (350g) trimmed

⇒ SALSA VERDE

- ⇒ 1 clove garlic, crushed
- ⇒ 1 teaspoon dijon mustard
- ⇒ 2 teaspoons baby capers
- ⇒ 2 anchovy fillets
- ⇒ 3 teaspoons red wine vinegar
- ⇒ 3 cornichons
- ⇒ ¼ cup loosely packed fresh mint leaves
- ⇒ ¼ cup loosely packed fresh basil leaves
- ⇒ 2 tablespoons coarsely chopped fresh flat-leaf parsley
- ⇒ ¼ cup (60ml) extra virgin olive oil

- 1 Preheat oven to 220°C/200° fan.
- 2 Line an oven tray with baking paper. Toss potatoes with half the oil on the tray; season. Roast potato for 20 minutes or until golden and tender.
- 3 Make salsa verde.
- 4 Heat remaining oil over medium-high heat in a large frying pan; cook beef, 2½ minutes each side for medium, or until cooked as desired.
- 5 Serve steak with potatoes, watercress and salsa verde.

SALSA VERDE Process ingredients until finely chopped; season to taste.

per serve 30.7g fat (7.5g saturated fat); 2358kJ (564 cal); 20.8g carbohydrate; 48.2g protein; 5.5g fibre

CRUMBED CHICKEN WITH SPICY MAYONNAISE

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 2 teaspoons finely grated lemon rind
- ⇒ ¼ cup coarsely chopped fresh flat-leaf parsley
- ⇒ ½ cup (40g) finely grated parmesan
- ⇒ 1 cup (75g) japanese panko breadcrumbs
- ⇒ ½ cup (75g) plain flour
- ⇒ 2 eggs
- ⇒ 12 chicken tenderloins (900g)
- ⇒ vegetable oil, for shallow-frying
- ⇒ 3 cups (75g) mixed salad leaves
- ⇒ 2 teaspoons lemon juice
- ⇒ lemon wedges, to serve

⇒ SPICY MAYONNAISE

- ⇒ ¾ teaspoon piri piri seasoning
- ⇒ 2 teaspoons lemon juice
- ⇒ ½ cup (200g) whole-egg mayonnaise

- 1 Make spicy mayonnaise.
- 2 Place lemon rind, parsley, parmesan and breadcrumbs in a shallow bowl. In another shallow bowl, place flour; season. In a third shallow bowl; lightly beat eggs. Dust chicken in flour, then dip in egg, allowing excess to drip off, then coat in breadcrumb mixture.
- 3 Heat 1cm oil in a large frying pan over medium heat; shallow-fry chicken, in batches, for 1 minute each side or until golden and cooked through. Remove with a slotted spoon; drain on paper towel.
- 4 Toss salad leaves with lemon juice and serve with chicken; accompany with mayonnaise and lemon wedges.

SPICY MAYONNAISE Combine ingredients in a bowl; season to taste.

per serve 79.4g fat (11.2g saturated fat); 4494 kJ (1075 cal); 27.7g carbohydrate; 63.3g protein; 1.6g fibre

RIGATONI WITH ARRABBIATA AND CHORIZO SAUCE

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 500g penne or rigatoni pasta
- ⇒ 3 cured chorizo sausages (300g), sliced thinly
- ⇒ 2 tablespoons extra virgin olive oil
- ⇒ 1 large onion (200g), chopped finely
- ⇒ 1 teaspoon dried chilli flakes
- ⇒ 3 cloves garlic, crushed
- ⇒ 700ml bottle passata
- ⇒ 1 cup (250ml) water
- ⇒ ½ teaspoon brown sugar
- ⇒ ½ cup coarsely chopped fresh flat-leaf parsley
- ⇒ ¾ cup (50g) finely grated parmesan

- 1 Cook pasta in a large saucepan of boiling water until almost tender; drain, return to pan.
- 2 Meanwhile, cook chorizo in a large frying pan over medium-high heat, turning occasionally, for 2 minutes or until chorizo is browned; remove from pan, drain on paper towel.
- 3 Add oil to same frying pan; cook onion, chilli and garlic, stirring, for 3 minutes or until onion has softened. Add passata, the water and sugar. Bring to the boil, reduce heat to low; simmer, stirring occasionally, for 7 minutes or until the sauce has thickened slightly. Season to taste with salt.
- 4 Add sauce to pasta in pan with parsley; stir over medium heat until heated through. Stir in parmesan.

per serve 27.5g fat (8.6g saturated fat); 3340 kJ (799 cal); 98.4g carbohydrate; 35.5g protein; 7.4g fibre



CRUMBED CHICKEN WITH SPICY MAYONNAISE



RIGATONI WITH ARRABBIATA AND CHORIZO SAUCE



sun	mon	tue	wed	thu	fri	sat
OCTOBER				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Meatless MONDAY

Who says they don't like Mondays? With these super delicious meals without meat, the week's most unpopular day might just become your favourite.

30
MINS

HIGH
FIBRE

BARLEY WITH
PISTACHIO AND
GREEN OLIVES

→
RECIPE ON PAGE

119

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25
MINS

CORN AND KIDNEY BEAN
QUESADILLAS WITH
TOMATO SALSA

→
RECIPE ON PAGE

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CORN AND KIDNEY BEAN QUESADILLAS WITH TOMATO SALSA

PREP + COOK TIME 25 MINUTES MAKES 10

- ⇒ 3 large trimmed corn cobs (750g)
- ⇒ 420g canned kidney beans, drained, rinsed
- ⇒ 2 tablespoons coarsely chopped fresh coriander
- ⇒ ¾ cup (130g) pepitas (pumpkin seed kernels)
- ⇒ 1½ cups (180g) grated cheddar
- ⇒ 160g fetta, crumbled
- ⇒ 10 x 20cm flour tortillas
- ⇒ 2 tablespoons extra virgin olive oil
- ⇒ 1 cup (240g) sour cream

TOMATO SALSA

- ⇒ 2 medium roma tomatoes (300g)
- ⇒ 2 tablespoons finely chopped pickled jalapeño chillies
- ⇒ ½ small red onion (50g), chopped finely
- ⇒ 1 tablespoon lime juice
- ⇒ 1 tablespoon extra virgin olive oil
- ⇒ 1 tablespoon coarsely chopped fresh coriander

- 1 Preheat a grill pan over medium heat. Cook corn, turning, 15 minutes or until tender and lightly charred. Cool slightly; cut kernels from cobs. Transfer to a medium bowl.
- 2 Meanwhile, make tomato salsa.
- 3 Preheat oven to 220°C/200°C fan.
- 4 Mash beans in a medium bowl to crush slightly. Stir in coriander, corn, half the pepitas, half the cheddar and half the fetta; season with black pepper.
- 5 Divide filling between tortillas, placing it over half of each tortilla, leaving a 1cm border. Fold tortillas over to enclose filling, pressing down firmly. Place on baking-paper-lined oven trays. Brush tops with oil. Scatter with combined remaining cheeses and pepitas.

- 6 Bake quesadillas for 15 minutes, swapping trays from top to bottom, for even browning, or until browned lightly and filling is hot. Serve with salsa and sour cream.

TOMATO SALSA

Quarter tomatoes. Squeeze out seeds and discard; finely chop flesh. Combine tomato with remaining ingredients in a small bowl; season to taste.

TIPS You can substitute either 1 fresh red bird's-eye chilli or ½ teaspoon chilli flakes for pickled jalapeño if you like. For a lower fat version, use reduced-fat cheeses and sour cream.

FENNEL AND TOMATO SOUP WITH ROUILLE

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 1 medium leek (350g)
- ⇒ 1 large fennel (550g)
- ⇒ ¼ cup (60ml) extra virgin olive oil
- ⇒ 1 medium brown onion (150g), chopped coarsely
- ⇒ 1 stick celery (150g), trimmed, chopped coarsely
- ⇒ 3 cloves garlic, crushed
- ⇒ pinch saffron threads
- ⇒ 800g canned diced tomatoes
- ⇒ 1 litre (4 cups) vegetable stock
- ⇒ 2 medium brushed potatoes (400g), cut into 1.5cm pieces
- ⇒ 8 x 1.5cm thick slices sourdough bread (380g)

ROUILLE

- ⇒ ¾ cup (200g) whole-egg mayonnaise
- ⇒ 3 teaspoons lemon juice
- ⇒ 3 teaspoons tomato paste
- ⇒ 2 cloves garlic, crushed
- ⇒ pinch saffron threads
- ⇒ ¼ teaspoon cayenne pepper

- 1 Quarter leek lengthways; slice thinly. Reserve fennel tops; chop fennel finely.
- 2 Heat half the oil in a large saucepan over medium-high heat; cook leek, fennel, onion and celery, stirring, for 5 minutes or until soft. Add garlic and saffron; cook, stirring, until fragrant. Add tomato, stock and potato; bring to the boil. Reduce heat; simmer, covered, for 10 minutes or until potato is tender. Season to taste. Cover to keep hot.
- 3 Meanwhile, make rouille.
- 4 Heat a grill pan (or grill or barbecue). Brush bread on both sides with remaining oil; cook until browned lightly on both sides.
- 5 Ladle soup into serving bowls; top with reserved fennel tops. Serve with toasted bread and rouille.

ROUILLE

Combine ingredients in a small bowl; season to taste.

TIP This soup can be frozen at the end of step 2. Rouille can be made a day ahead.



CORN AND KIDNEY BEAN QUESADILLAS WITH TOMATO SALSA

30
MINS

HEARTY

FENNEL AND TOMATO
SOUP WITH ROUILLE



RECIPE OPPOSITE



25
MINS

ASIAN-STYLE OMELETTE
WITH GLASS NOODLES

→
RECIPE OPPOSITE

ASIAN-STYLE OMELETTE WITH GLASS NOODLES

PREP + COOK TIME 25 MINUTES SERVES 4

- ⇒ 120g bean thread noodles
- ⇒ 2 tablespoons peanut or vegetable oil
- ⇒ 2 cloves garlic, crushed
- ⇒ 100g shiitake mushrooms, sliced thinly
- ⇒ 12 eggs
- ⇒ 1½ cups (375ml) water
- ⇒ 1 cup (350g) oyster-flavoured sauce
- ⇒ 1 tablespoon cornflour
- ⇒ 2 green onions, sliced thinly
- ⇒ 2 cups (160g) bean sprouts
- ⇒ 1 fresh long red chilli, sliced thinly
- ⇒ 1 cup loosely packed fresh coriander leaves

- 1 Place noodles in a large heatproof bowl; cover with boiling water. Stand for 4 minutes or until noodles are tender; drain.
- 2 Meanwhile, heat half the oil in a medium frying pan over medium-high heat; cook garlic and mushrooms, stirring, for 2 minutes or until mushrooms are tender. Season to taste. Transfer to a small bowl.
- 3 Lightly whisk eggs and ½ cup of the water in a large jug. Blend sauce, cornflour and remaining water in a small bowl until smooth.



- 4 Heat 1 teaspoon of the remaining oil in a medium non-stick frying pan over high heat; pour in a quarter of the egg mixture. Working quickly, sprinkle omelette with a quarter each of the onion, mushrooms and noodles. Using a large metal spatula, gently lift edges of omelette away from pan, swirl pan to move uncooked egg to the edge of pan. Lift the edges of the omelette away from pan, gently moving spatula under omelette. Fold omelette in half. Pour a quarter of the oyster sauce mixture into the pan; cook for a further 1 minute or until sauce thickens. Remove omelette from pan. Rinse and wipe out pan.
- 5 Repeat with remaining ingredients to make four omelettes. Top omelettes with bean sprouts, chilli and coriander to serve.

TIPS If you want to serve the omelettes at the same time, preheat the oven to 120°C/100°C fan before preparing this recipe to heat the serving plates and to keep the omelettes warm as you cook them. Choose an oyster-flavoured sauce without any seafood content. Check the label if you are unsure.

BARLEY WITH PISTACHIO AND GREEN OLIVES

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 1½ cups (300g) pearl barley
- ⇒ 4 large pitta bread (320g)
- ⇒ ¾ cup (210g) greek-style yoghurt
- ⇒ 1 teaspoon finely grated lemon rind
- ⇒ 1 cup loosely packed fresh mint leaves, chopped finely
- ⇒ 2 cups (280g) green (sicilian) olives
- ⇒ ¾ cup (100g) shelled pistachios
- ⇒ ¼ radicchio (80g), shredded finely
- ⇒ 1 long green chilli, chopped finely
- ⇒ ¼ cup (60ml) lemon juice
- ⇒ 2 tablespoons olive oil

- 1 Cook barley in a medium saucepan of boiling water for 20 minutes or until tender; drain.
- 2 Heat a grill plate (or grill or barbecue); cook bread until toasted lightly on both sides.
- 3 Meanwhile, combine yoghurt, rind and 2 teaspoons of the mint in a small bowl.
- 4 Place barley in a large bowl with olives, nuts, radicchio, chilli, juice, oil and remaining mint; toss gently to combine. Season to taste. Serve with toasted bread, minted yoghurt and, if you like, some extra mint leaves.

TIP Grate the rind from the lemon before you juice it.



Trick OR Treat



IF THERE'S A KNOCK ON YOUR DOOR

on October 31 don't be surprised to find a tiny vampire or a little Miss Witch there, so you'd better HAVE SOME TREATS on hand! While Halloween is largely AN AMERICAN TRADITION, it's becoming popular here, too. HELD ON ALL HALLOWS' EVE, Halloween was once a pagan celebration among the Scots and Irish. BRITISH SETTLERS INTRODUCED THE CELEBRATION when they arrived in North America where it quickly took hold. It has been suggested that Australia missed the tradition because colonisation took place at a time when Britain itself was taking a dim view of the celebration. But while it may have taken some time to arrive, Halloween is here – and so, too, are legions of ghosts, ghouls, zombies and even pint-sized versions of **Frankenstein's monster!**

MAGIC
COOKING

ZOMBIE TOFFEE APPLES

YOU WILL NEED
wooden sticks

→
RECIPE ON PAGE

123

THE SPELL

STAND IN A CIRCLE HOLDING HANDS
AND READ OUT LOUD

When rain falls and the witches call
it's time to cast a spell.
Black toffee apples so dark and bleak
they will make the zombies yell.
So how do we do this you ask, pray tell?
With a long, loud cackle –
and some help from Mum
– the spell will turn out well!

CHILDREN SHOULD ONLY USE SHARP UTENSILS OR HANDLE HOT EQUIPMENT UNDER ADULT SUPERVISION.

PHOTOGRAPHER JOHN PAUL URIZAR • STYLIST SARAH DENARDI

Zombie TOFFEE APPLES

PREP + COOK TIME 30 MINUTES (+ STANDING) MAKES 12

30
MINS

THE MAGIC INGREDIENTS

12 small red or green
apples (1.5kg)

*

12 x 20cm-long
wooden sticks

(AVAILABLE FROM CRAFT SHOPS)

*

4 cups (880g)
caster sugar

*

1 cup (250ml)
water

*

$\frac{1}{3}$ cup (80ml)
glucose syrup

*

black gel food
colouring



1 Line two baking trays with baking paper.

2 Wash apples under cold water; stand on wire rack until completely dry (do not rub apples with a cloth). Push a wooden stick three-quarters of the way through each apple from stem end.

3 Combine sugar, the water, glucose syrup and food colouring in a medium saucepan; stir over low heat until sugar dissolves. Bring to the boil; boil, uncovered, without stirring, about 10 minutes or until mixture reaches 154°C (hard crack) on candy thermometer (or until a small amount of mixture "cracks" when dropped into a cup of cold water).

4 Remove from heat; allow bubbles to subside. Tilt pan slightly to one side and carefully dip an apple in toffee; twist slowly to coat apple completely. Remove apple slowly (air bubbles will form if the apples are dipped too quickly).

5 Twirl apple a few times over pan to drain off excess toffee, then place on prepared tray. Repeat with remaining apples and toffee. Stand toffee apples at room temperature until set.

6 Place in paper cases and wrap in cellophane, or use cellophane bags.

Toffee apples can be made up to two days ahead; store in an airtight container in a cool, dry place. Do not refrigerate. Cellophane bags are available from fabric and craft stores. We used a gel (cake decorating quality) black food colouring, available from most large supermarkets or cake decorating suppliers.





25
MINS

WITCHY POO'S CHOCOLATE-CARAMEL COOKIES

YOU WILL NEED oven trays and an electric mixer

RECIPE OPPOSITE →



WITCH
CRAFT

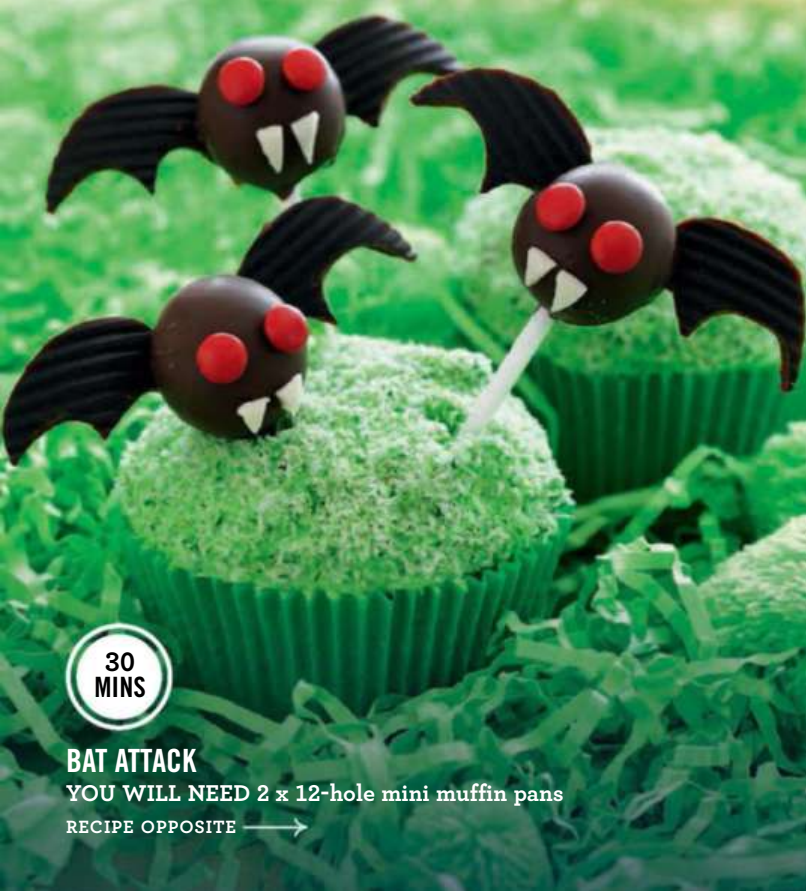
TAKE
HOME
TREAT

CREEPY CUPS OF HORRIBLE STUFF

YOU WILL NEED red paper cups, lollies and black tulle

INSTRUCTIONS OPPOSITE →

SCARY
BATS



30
MINS

BAT ATTACK

YOU WILL NEED 2 x 12-hole mini muffin pans

RECIPE OPPOSITE →

EYE
BALLS



25
MINS

MINI LIME AND BERRY EYEBALL FRIANDS

YOU WILL NEED 2 x 12-hole mini muffin pans

RECIPE OPPOSITE →

Kids can Cook

MINI LIME AND BERRY EYEBALL FRIENDS

PREP + COOK TIME 25 MINUTES MAKES 24

- ⇒ 3 egg whites
- ⇒ 90g unsalted butter, melted
- ⇒ 1 teaspoon finely grated lime rind
- ⇒ ½ cup (60g) ground almonds
- ⇒ ¾ cup (120g) icing sugar
- ⇒ ¼ cup (35g) plain flour
- ⇒ ½ cup (50g) frozen blueberries
- ⇒ 1 tablespoon icing sugar, extra

- 1 Preheat oven to 180°C/160°C fan. Grease two 12-hole mini muffin pans (1 tablespoon/20ml capacity).
- 2 Whisk egg whites in a medium bowl with a fork until frothy. Stir in butter, rind, ground almonds and sifted icing sugar and flour.
- 3 Spoon heaped teaspoons of mixture into each pan hole; top each with a blueberry.
- 4 Bake friends for about 10 minutes. Stand in pans for 5 minutes; turn onto a wire rack to cool. Dust with sifted extra icing sugar.

WITCHY POO'S CHOCOLATE-CARAMEL COOKIES

PREP + COOK TIME 25 MINUTES MAKES 24

- ⇒ 125g butter, softened
- ⇒ ½ cup (110g) caster sugar
- ⇒ 1 egg
- ⇒ 1 cup (150g) plain flour
- ⇒ 2 tablespoons cocoa powder
- ⇒ 2 x 60g Chokito bars, chopped finely

- 1 Preheat oven to 180°C/160°C fan. Grease oven trays; line with baking paper.
- 2 Beat butter, sugar and egg in small bowl with electric mixer until smooth; do not overbeat. Transfer mixture to medium bowl; stir in sifted flour and cocoa, then chopped chocolate bar.
- 3 Drop level tablespoons of mixture about 5cm apart onto trays; bake about 15 minutes. Cool cookies on trays.

BAT ATTACK

PREP + COOK TIME 30 MINUTES MAKES 12

- ⇒ 1 x 453g tub vanilla frosting
- ⇒ green food colouring
- ⇒ 1 cup (80g) desiccated coconut
- ⇒ 12 double chocolate-chip muffins
- ⇒ 12 green standard paper cases
- ⇒ 24 x 4cm lengths black licorice strap
- ⇒ 3 white chocolate Melts
- ⇒ 12 x Chupa Chups
- ⇒ 200g dark chocolate melts, melted
- ⇒ 24 red mini M&M's

- 1 Tint vanilla frosting green with food colouring. Place coconut in a small plastic snaplock bag; add a small amount of food colouring and rub the colouring into coconut with your fingers until the desired green is reached.
- 2 Place muffins inside green paper cases. Spread frosting over tops of muffins; sprinkle coconut over frosting, pressing down lightly.
- 3 Using kitchen scissors, cut licorice strap pieces into bat wings (you will have 24 bat wings). Cut each white chocolate melt into 8 small triangles (you will have 24 triangles).
- 4 Line an oven tray with baking paper. Dip one Chupa Chup into melted dark chocolate, drain off excess. Working quickly, position 2 licorice wings on back, then carefully lay Chupa chup, wing-side down, on prepared tray. Before chocolate sets, secure 2 red mini M&M's for eyes and 2 white chocolate triangles for fangs. Repeat with remaining Chupa Chups. Stand for 10 minutes or until set.
- 5 Push Chupa Chup bats into centre of muffins, just before serving.

TAKE
HOME
TREAT

CRAFT

CREEPY CUPS OF HORRIBLE STUFF!

Even little ghosts like lollies. Fill a red paper cup with spooky sweets like black jelly beans, black cats, snakes and jelly rats; wrap it in a 50cm square of black tulle and tie it up with red curling ribbon. A skull badge pinned to the outside means these little monsters are not to be trifled with.



WATCH OUR VIDEO

There is a trick to colouring coconut. Our video shows you how to colour coconut quickly, easily - and evenly.



Fast and fabulous!

Fresh, juicy fruit is one of nature's sweetest gifts,
so it's only natural that it makes
the most luscious *desserts.*



15
MINS

DATE
NIGHT

WATERMELON, LIME
AND BERRY
CHEESECAKE JARS

→
RECIPE ON PAGE

131



Sweet Treats

30
MINS

CLEVER
COOKING

LITTLE CINNAMON BANANA TARTE TATINS

YOU WILL NEED
puff pastry



RECIPE ON PAGE

131



MINT SYRUP WITH GRILLED PINEAPPLE

PREP + COOK TIME 30 MINUTES SERVES 8

- ⇒ ½ cup (110g) caster sugar
- ⇒ ½ cup (125ml) water
- ⇒ 1½ cups firmly packed fresh round-leaf mint leaves
- ⇒ 1 cup (50g) coconut flakes
- ⇒ 1 medium yellow-fleshed pineapple (1.25kg), cut crossways into 1.5cm-thick slices
- ⇒ 1 litre (4 cups) vanilla or passionfruit frozen yoghurt
- ⇒ ¼ cup small fresh round-leaf mint leaves, extra

- 1 Preheat oven to 180°C/160°C fan.
- 2 Stir sugar and the water in a small saucepan over medium heat for 4 minutes or until sugar dissolves and syrup reduces slightly. Transfer to a small stainless steel bowl; freeze for 15 minutes to chill rapidly.
- 3 Meanwhile, place mint in a heatproof bowl, cover with boiling water; stand for 10 seconds. Drain, refresh under cold running water; squeeze to remove excess water.
- 4 Place coconut on an oven tray; bake, shaking the tray occasionally, for 3 minutes or until golden.
- 5 Preheat a large grill plate (or grill or barbecue) over medium-high heat. Cook pineapple, in two batches, for 2 minutes each side or until golden.
- 6 Process blanched mint and sugar syrup until finely chopped.
- 7 Divide grilled pineapple among plates; top with frozen yoghurt, drizzle with syrup. Serve sprinkled with coconut and extra mint.



YOU NEED
1 MEDIUM
YELLOW-FLESHED
PINEAPPLE





WATERMELON, LIME AND BERRY CHEESECAKE JARS

PREP TIME 15 MINUTES SERVES 4

- ⇒ 200g ginger nut biscuits
- ⇒ 50g butter
- ⇒ 1 lime (90g)
- ⇒ 250g mascarpone cheese
- ⇒ 250g cream cheese
- ⇒ ⅓ cup (55g) icing sugar
- ⇒ 125g raspberries
- ⇒ 2 teaspoons icing sugar, extra
- ⇒ 125g seedless watermelon, diced into 1cm pieces
- ⇒ 1 tablespoon small sprigs fresh mint

1 Pulse biscuits in a food processor until crumbs. Add butter; pulse until just combined. Divide biscuit mixture into the bases of four 1½-cup (375ml) jars.

2 Finely grate rind of lime then juice; you will need 2 tablespoons juice. Process rind and juice, cheeses and sifted icing sugar until smooth. Divide cheese mixture into jars; tap gently on a work surface to level mixture.

3 Place raspberries and extra icing sugar in a bowl. Using the back of a fork, lightly crush the berries, stirring until sugar dissolves. Stir in watermelon.

4 Divide watermelon mixture between jars; top with mint to serve.



LITTLE CINNAMON BANANA TARTE TATINS

PREP + COOK TIME 30 MINUTES SERVES 4

- ⇒ 75g butter
- ⇒ ⅓ cup (75g) caster sugar
- ⇒ ½ teaspoon ground cinnamon
- ⇒ 2 small firm bananas (260g), halved lengthways
- ⇒ 2 sheets puff pastry

1 Preheat oven to 200°C/180°C fan.

2 Place butter, sugar and cinnamon in a large flameproof roasting pan over medium heat on the stove top, stir until butter is melted and mixture is combined and caramelised. Turn off the heat.

3 Meanwhile, place two banana halves, cut-side down, onto a pastry sheet. Trim pastry around bananas, following the shape, leaving a 1.5cm border around each banana. Wrap pastry around curved banana halves. Repeat with remaining banana halves and pastry sheets.

4 Carefully place banana halves, cut-side down, into caramel mixture. Transfer to oven, bake for 20 minutes or until pastry is golden and cooked through. Stand for 5 minutes before carefully inverting tatins onto plates. Serve with ice-cream and dusted with icing sugar, if you like.



COOK'S NOTES

WATERMELON, LIME AND BERRY CHEESECAKE JARS

The cheesecakes can be served in serving glasses or bowls.

MINT SYRUP WITH GRILLED PINEAPPLE

Choose a yellow-fleshed pineapple, such as bethonga, for the best flavour. You could also use mango cheeks cut from four mangoes instead of the pineapple. Drizzle with passionfruit pulp, if you like.



eat more fruit!

We have an innate likeness for sweetness that is easy to exploit. But choose the right treats and you can not only enjoy them, you can give your health a boost at the same time. Hello fruit! A bowl of fresh fruit on the kitchen table will help encourage the family to grab a piece when in need of a snack, rather than heading for the biscuits. Fruity desserts are also a great way to include more fruit in the family's diet.



20
MINS

GRILLED TROPICAL FRUIT WITH ORANGE GLAZE (RECIPE PAGE 134)



25
MINS

APPLE SALAD WITH LEMON ICE (RECIPE PAGE 134)



25
MINS

BERRY HAZELNUT CUPS (RECIPE PAGE 135)



20
MINS

ROSEWATER AND RASPBERRY JELLIES (RECIPE PAGE 135)



COOK'S NOTES

GRILLED TROPICAL FRUIT WITH ORANGE GLAZE

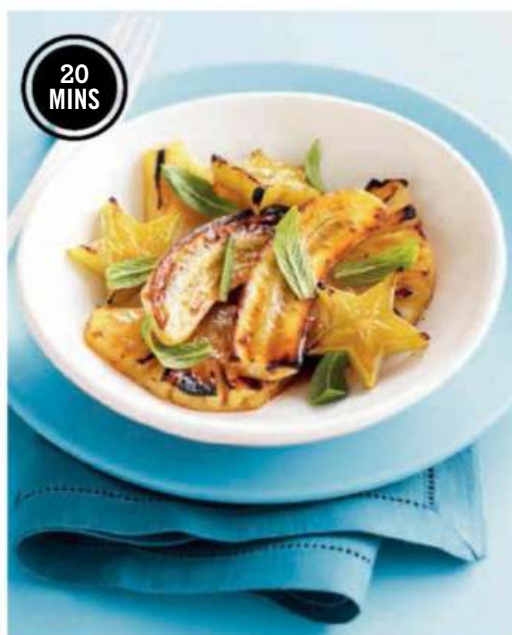
Star fruit is also known as Carambola. It is a five-pointed star-shaped fruit, hence its name. Available year round, star fruit is juicy and refreshing and makes an attractive and flavourful addition to fruit salads and other desserts.

APPLE SALAD WITH LEMON ICE

For a different flavour combination, you can use lime juice instead of lemon juice and fresh basil leaves instead of mint leaves.



USE A
MICROPLANE
OR ZESTER
TO GRATE
ORANGE RIND



GRILLED TROPICAL FRUIT WITH ORANGE GLAZE

PREP + COOK TIME 20 MINUTES SERVES 4

- ⇒ 1 teaspoon finely grated orange rind
- ⇒ 2 tablespoons orange juice
- ⇒ 2 tablespoons brown sugar
- ⇒ 1 small pineapple (900g), trimmed, halved, sliced thickly
- ⇒ 2 medium bananas (400g), quartered
- ⇒ 1 starfruit (160g), sliced thickly
- ⇒ ¼ cup loosely packed fresh mint leaves

- 1 To make orange glaze, combine rind, juice and sugar in small saucepan; stir over low heat until sugar dissolves. Cool.
- 2 Preheat grill.
- 3 Combine glaze with fruit in large bowl. Spread fruit mixture onto two foil-lined oven trays.
- 4 Grill fruit for about 5 minutes or until browned lightly. Serve fruit sprinkled with mint.



APPLE SALAD WITH LEMON ICE

PREP TIME 25 MINUTES SERVES 6

- ⇒ 4 large green apples (800g), unpeeled, sliced thinly
- ⇒ 2 cups ice cubes
- ⇒ 2 tablespoons icing sugar
- ⇒ ¼ cup firmly packed fresh mint leaves
- ⇒ 2 tablespoons lemon juice

- 1 Stack apple on serving plates.
- 2 Blend or process ice cubes, icing sugar, mint and juice until fine.
- 3 Sprinkle lemon ice over apples.

YOU NEED
4 LARGE
GREEN
APPLES





BERRY HAZELNUT CUPS

PREP TIME 25 MINUTES SERVES 6

- ⇒ 250g raspberries
- ⇒ 2 tablespoons icing sugar
- ⇒ 300ml thickened cream
- ⇒ 2 tablespoons hazelnut-flavoured liqueur (See Cook's Notes)
- ⇒ 6 brandy baskets (90g)
- ⇒ ½ cup (45g) coarsely chopped roasted peeled hazelnuts

- 1 Blend or process half the raspberries and half the icing sugar until smooth; strain through a fine sieve into a small jug.
- 2 Beat cream, liqueur and remaining icing sugar in a small bowl with an electric mixer until soft peaks form.
- 3 Spoon cream into brandy baskets; top with remaining raspberries and the nuts. Drizzle with raspberry sauce.



ROSEWATER AND RASPBERRY JELLIES

PREP + COOK TIME 20 MINUTES
(+ STANDING & REFRIGERATION) SERVES 4

- ⇒ 200g fresh raspberries
- ⇒ 1 cup (250ml) cranberry juice
- ⇒ 2 tablespoons caster sugar
- ⇒ ¼ cup (60ml) water
- ⇒ 3 teaspoons gelatine
- ⇒ 2 teaspoons rosewater
- ⇒ 2 tablespoons reduced-fat cream

- 1 Blend or process 150g of the raspberries until smooth. Stir cranberry juice, sugar and raspberry puree in medium saucepan over medium heat until sugar dissolves. Strain through muslin-lined sieve; discard solids.
- 2 Place the water in small heatproof jug; sprinkle over gelatine. Stand jug in small saucepan of simmering water, stirring, until gelatine dissolves. Stir rosewater and gelatine mixture into strained raspberry mixture.
- 3 Rinse inside of four ½-cup (125ml) moulds with water; divide raspberry mixture among wet moulds. Cover; refrigerate overnight.
- 4 Wipe outside of moulds with a hot cloth. Turn jellies onto serving plates. Serve jellies with cream and remaining raspberries.

YOU NEED
A SIEVE OR
STRAINER



COOK'S NOTES

BERRY HAZELNUT CUPS

If you do not wish to use hazelnut liqueur, you can use 1 teaspoon of finely grated orange zest instead.

ROSEWATER AND RASPBERRY JELLIES

For a clear jelly, don't push the mixture through the muslin-lined strainer, instead, allow the mixture to strain gradually.





CHRISTMAS TREATS

KEEP AN
EYE OUT IN
BOOK STORES
FOR THIS
GREAT NEW
COOKBOOK

CHRISTMAS TREATS
(\$29.95)

*is available where all good
books are sold and online at
www.awwcookbooks.com.au*

BOOK EXTRACT

These gorgeous recipes for festive food will make entertaining a pleasure. There is a sumptuous array of treat-sized food for parties, along with tempting edible gift ideas your friends and family will love.







CRANBERRY & APPLE FRUIT MINCE



JEWELLED ROCKY ROAD



OTHER
RECIPES IN
THIS BOOK

SPICY CHRISTMAS CUPCAKES



WHITE CHOCOLATE SLICE



15
MINS

Book Extract

CUCUMBER AND BASIL GIMLET

YOU WILL NEED
a large serving jug



RECIPE OPPOSITE



SCALLOPS WITH SAFFRON CREAM

PREP + COOK TIME 15 MINUTES (+ STANDING)

MAKES 12

- ⇒ 12 scallops in half shell (480g)
- ⇒ 1 teaspoon olive oil
- ⇒ 1 small brown onion (80g), chopped finely
- ⇒ 2 teaspoons finely grated lemon rind
- ⇒ pinch saffron threads
- ⇒ ¾ cup (160ml) pouring cream
- ⇒ 1 tablespoon lemon juice
- ⇒ 2 teaspoons salmon roe

1 Remove scallops from shells; wash and dry shells. Place shells, in a single layer, on a serving platter.

2 Rinse scallops under cold water; discard scallop roe. Gently pat scallops dry with paper towel.

3 Heat oil in a small saucepan; cook onion, stirring, until softened. Add rind, saffron and cream; bring to the boil. Reduce heat; simmer, uncovered, for 5 minutes or until mixture has reduced to about ½ cup. Remove from heat; stand 30 minutes. Stir in juice; stand 10 minutes. Strain mixture into a small bowl then back into same cleaned pan; stir over low heat until heated through.

4 Meanwhile, cook scallops, in batches, on a heated oiled grill plate (or grill or barbecue) until browned lightly and cooked as desired.

5 Return scallops to shells; top with saffron cream and salmon roe.

TIP Scallops must be cooked just before serving as they will toughen as they cool.



SCALLOPS WITH SAFFRON CREAM

CUCUMBER BASIL GIMLET

PREP TIME 15 MINUTES SERVES 10

- ⇒ 1¼ cups (275g) caster sugar
- ⇒ 1 cup firmly packed fresh basil leaves
- ⇒ 5 lebanese cucumbers (650g), chopped coarsely
- ⇒ crushed ice, to serve
- ⇒ 700ml gin, chilled
- ⇒ ½ cup (125ml) strained lime juice
- ⇒ ¼ cup fresh basil leaves, extra
- ⇒ 1 lebanese cucumber, extra, sliced thinly lengthways

1 Process sugar, basil and chopped cucumber until smooth.

2 Fill a large jug one-third full with crushed ice. Strain cucumber mixture through a fine sieve into jug, pushing down on solids to extract all liquid; discard solids. Add gin and juice; stir well to combine. Serve topped with extra basil and sliced cucumber to serve.

TIP Use a vegetable peeler to thinly slice cucumber.



WARM ORANGE AND FENNEL OLIVES

PREP + COOK TIME 10 MINUTES SERVES 10

- ⇒ 1 medium orange (240g)
- ⇒ 400g mixed marinated seeded olives
- ⇒ ½ cup (125ml) dry red wine
- ⇒ 1 teaspoon coarsely cracked black pepper
- ⇒ ½ teaspoon fennel seeds

1 Using a vegetable peeler, peel thin strips of rind from orange.

2 Place rind, olives, wine, pepper and fennel seeds in a medium saucepan; bring to a simmer. Remove from heat; stand 10 minutes before serving warm.

SERVING SUGGESTION Serve warm olives with grissini breadsticks and cheese.

COOK'S NOTES

ALL FRUIT

and vegetables are considered peeled, unless otherwise indicated. All nuts are shelled.

BAKING

Australia uses metric measures. A tablespoon equals 20mls; 1 cup equals 250ml.

BOWLS

Non-reactive bowls are made from ceramic, stainless steel and glass. These types of bowls should be used when marinating ingredients that contain acid, such as lemon, vinegar and tomato.

OVEN ROASTING NUTS

RELEASES THEIR AROMATIC OILS: PLACE NUTS IN A SINGLE LAYER ON AN OVEN TRAY IN A 180°C/160°C FAN OVEN. STIR NUTS EVERY FEW MINUTES UNTIL THEY ARE GOLDEN. WATCH CAREFULLY AS THEY CAN OVER-BROWN VERY QUICKLY. REMOVE IMMEDIATELY FROM THE TRAY TO PREVENT BURNING.

We use large eggs in our recipes that have an average weight of 59g, unless otherwise indicated.

Roasting NUTS

To dry-roast spices, seeds or nuts, heat them in a dry pan, stirring continuously over medium-high heat until fragrant and just starting to colour (seeds will begin to pop). Be careful not to burn as this makes them bitter. Remove immediately from the pan to cool, then use according to the recipe.

FORGOT TO TAKE THE EGGS OUT OF THE FRIDGE?

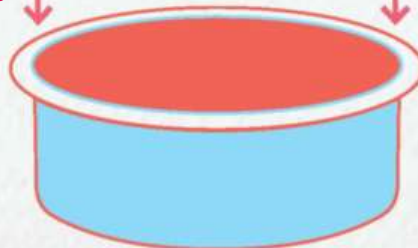
Place eggs in a bowl of warm, not hot, water for 5-10 minutes to bring them to room temperature.

TO MELT CHOCOLATE, PLACE

CHOPPED CHOCOLATE IN A HEATPROOF BOWL OVER A PAN OF BARELY SIMMERING WATER. THE WATER MUSTN'T TOUCH THE BASE OF THE BOWL. STIR CHOCOLATE UNTIL SMOOTH, AND REMOVE FROM THE PAN AS SOON AS IT'S MELTED.

Measuring cake pans

Cake pans are measured across the top, from one inside edge to the other.



Some recipes in this book

MAY CALL FOR RAW OR BARELY COOKED EGGS;

exercise caution if there is a salmonella problem in your area. The risk is greater for those who are pregnant, elderly or very young, and those with impaired immune systems.

UNLESS STATED OTHERWISE, WE USE FRESHLY GROUND BLACK PEPPER AND SEA SALT WHEN SEASONING.

HOW TO STERILISE JARS

Run clean

jars through the hot rinse cycle in a dishwasher or wash them in hot soapy water and rinse well. Place jars and metal lids on a tray in a cold oven; heat to 120°C (100°C fan) and heat for 30 minutes.

Mandolines AND JULIENNE (OR ASIAN) PEELERS ARE EXCELLENT FOR THINLY SLICING VEGETABLES.

OVENS

should be preheated to their indicated temperature for at least 10 minutes before using.

ALL INGREDIENTS SHOULD BE AT ROOM TEMPERATURE UNLESS OTHERWISE INDICATED.

BUTTER

If the butter is still cold and hard, just grate it into a bowl using the coarsest side of a box grater. If you heat the grater under hot water, then dry it well, the butter will easily slip off the grater.

POSITION OVEN RACKS BEFORE PREHEATING THE OVEN.

READ THE RECIPE

THROUGH BEFORE STARTING, THIS WAY YOU WILL KNOW WHAT EQUIPMENT YOU NEED, WHETHER ANY PARTICULAR SKILLS ARE NEEDED, OR IF YOU NEED TO REST, STAND, REFRIGERATE OR FREEZE THE RECIPE FOR ANY LENGTH OF TIME.



ONIONS

BROWN AND WHITE ONIONS ARE INTERCHANGEABLE.

Green onions are the long thin variety sold in bunches. They may sometimes be sold as 'shallots'. This is an immature onion picked before the bulb has formed.

SHALLOTS, OR ESCHALOTS, ARE SMALL SWEET ONIONS WITH A GOLDEN BROWN SKIN.

Spring onions, also sold as 'globe' or 'salad' onions, have small white bulbs, long green leaves and narrow green-leafed tops.



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What do the
SYMBOLS MEAN? } **V** = vegetarian
G = gluten-free

SHARDS OF YUM!
MAKE IT THEN BREAK IT



'TIS THE SEASON!

THIS ISSUE IS
PACKED WITH
FABULOUS
FESTIVE FOOD
IDEAS TO SUIT
EVERY TASTE.

What's
COMING UP
NEXT MONTH

TEST KITCHEN SECRETS
REVEALED FOR PERFECT
ROAST TURKEY...



...AND HOW TO PREPARE
IT STEP-BY-STEP



In the
CHRISTMAS
ISSUE

FAST FINGER FOOD AND
COOL COCKTAILS FOR NYE



BRINGING A BIG
PLATE TO THE PARTY



On sale
NOVEMBER
15

BRIGHT AND BEAUTIFUL
CHRISTMAS BY THE SEA



LAST-MINUTE SHOW-STOPPER
DESSERTS MADE IN 30 MINS!



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PUBLISHED BY BAUER MEDIA PTY LIMITED (ACN 053 273 546). 54-58 Park St,

Sydney, NSW 2000; GPO Box 4088, Sydney, NSW 2001. The trade mark

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Printed by Bluestar Web, Silverwater, NSW 2128. Distributed by Network Services.

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• THANK YOU • SEE YOU AGAIN NEXT MONTH •

Conversion Chart

MEASURES

One Australian metric measuring cup holds approximately 250ml; one Australian metric tablespoon holds 20ml; one Australian metric teaspoon holds 5ml.

The difference between one country's measuring cups and another's is within a two- or three-teaspoon variance, and will not affect your cooking results. North America, New Zealand and the United Kingdom use a 15ml tablespoon.

All cup and spoon measurements are level. The most accurate way of measuring dry ingredients is to weigh them. When measuring liquids, use a clear glass or plastic jug with the metric markings.

The imperial measurements used in these recipes are approximate only. Measurements for cake pans are approximate only. Using same-shaped cake pans of a similar size should not affect the outcome of your baking. We measure the inside top of the cake pan to determine sizes.

We use large eggs with an average weight of 60g.

DRY MEASURES

METRIC	IMPERIAL
15G	½OZ
30G	1OZ
60G	2OZ
90G	3OZ
125G	4OZ (¾LB)
155G	5OZ
185G	6OZ
220G	7OZ
250G	8OZ (½LB)
280G	9OZ
315G	10OZ
345G	11OZ
375G	12OZ (¾LB)
410G	13OZ
440G	14OZ
470G	15OZ
500G	16OZ (1LB)
750G	24OZ (1½LB)
1KG	32OZ (2LB)

LIQUID MEASURES

METRIC	IMPERIAL
30ML	1 FLUID OZ
60ML	2 FLUID OZ
100ML	3 FLUID OZ
125ML	4 FLUID OZ
150ML	5 FLUID OZ
190ML	6 FLUID OZ
250ML	8 FLUID OZ
300ML	10 FLUID OZ
500ML	16 FLUID OZ
600ML	20 FLUID OZ
1000ML (1 LITRE)	1¾ PINTS

LENGTH MEASURES

METRIC	IMPERIAL
3MM	⅛IN
6MM	¼IN
1CM	½IN
2CM	¾IN
2.5CM	1IN
5CM	2IN
6CM	2½IN
8CM	3IN
10CM	4IN
13CM	5IN
15CM	6IN
18CM	7IN
20CM	8IN
22CM	9IN
25CM	10IN
28CM	11IN
30CM	12IN (1FT)

OVEN TEMPERATURES

The oven temperatures in this book are for conventional ovens; if you have a fan-forced oven, decrease the temperature by 10-20 degrees.

	°C (CELSIUS)	°F (FAHRENHEIT)
VERY SLOW	120	250
SLOW	150	300
MODERATELY SLOW	160	325
MODERATE	180	350
MODERATELY HOT	200	400
HOT	220	425
VERY HOT	240	475



Metric ruler
{ actual size }

10 INCH
25 CM

1 INCH
2.5 CM

26
25
24
23
22
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19
18
17
16
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0



WE TEST ALL OUR
RECIPES 3 TIMES

Our team of chefs at The Australian Women's Weekly Test Kitchen are working hard everyday to make sure each recipe you make at home works every time. The 'Test Kitchen', as we like to call it, is located right in the heart of Sydney, Australia.